

TRACKING DOWN THE KILLER. PART 1; From page 59 to 68

This is from the Book "Tracing down the killer" Journal # 130

H: = Georgos Ceres Hatonn

FOOD SECRETS AND WAR FRONTS

by Bonne L. Fisher

Circa 1929. **IH:** This becomes more interesting as you get into the realization of world problems as related in this old writing.]

Eighteen operations. Each time the knife had given relief and renewed strength for a time, and determination to persevere until a complete cure should be achieved, each time daunted by the development of infection in other areas.

With my life's savings exhausted [**IH: Isn't it always the way with doctors and lawyers?**] and the reserves of energy almost spent, the desire had grown keener because of a growing desire to solve the mystery of the rapid increase of this deadly sinus disease. Once I had seemed to be one of the few affected. Now the crowded waiting rooms of the nose and throat specialists evidenced a very plague of the disease.

I had lost all interest in reading except that which pertained to health and an equable distribution of the means of life and health. Going to the library for books on health I had found Dr. Lorand's book, **OLD AGE DEFERRED** advising both the eating of meat and the abstinence from the same, ending with the advice to consult the appetite about eating (take the time to "feel" if it is appropriate for YOU). In a book on "rickets" (rachitisme in French) I had seen a mention of a disease called beriberi, but all was vague.

Once I had presented a paper on Sinus Affection, in which I used the word beriberi, to a printer who had been in the plague-ridden regions of India. This printer had become ***much interested***. "Beriberi," I heard him say, as if to himself. "Here I can trace it," and he turned to *Webster's Unabridged Dictionary*, but I was then too much interested in trying to get my paper printed to catch the significance of the remark.

IH: Dharma was amused this very morning. When she wasn't sure of the spelling of hari-kari (hara-kiri), she turned to the trusty six-inch thick *Webster's Encyclopedic Dictionary* for information. The term was there—without any definition whatsoever!

Beriberi had a bit longer definition which we will share: (page 59)

Beriberi: A disease of the peripheral nerves caused by a deficiency of vitamin B1, characterized by pain in and paralysis of the extremities, and severe emaciation or swelling of the body. It is common in China, Japan and in the Philippine.

Well, without diagnosis, it is the most prevalent in the United States of America and expresses itself in chronic fatigue, organ failures and mental confusion. It is ACTUALLY the primary cause of senile dementia and almost all "patients" in an elderly care facility are affected! Most elderly mental confusion will be immediately cleared by supplementation by vitamins, minerals and whole grains.]

Sitting in bed in Stanford Hospital, stunned by the sentence, "Incurable", the thought came to me to find out something definite about beriberi. Maybe something lay hidden in that quarter that might reveal a new line of attack. I asked a doctor, superior in my department, said to be an "Italian", "Doctor, what is beriberi?"

A sudden start on his part registered itself in my mind. He hurried away leaving me uninformed.

Again I said to another "Italian" doctor, "Is there something wrong with our food supplies that so many are coming to the hospital and so many are sick that cannot come?" He argued, "It is not the food," and made the remark, "We find plenty of mineral salts in the food. We find deposits of it when we operate." (The first I had heard about mineral salts in relation to disease.)

At another time in the presence of a dozen doctors, heads of departments, I asked my "Italian" doctor first mentioned above if I could get a book on beriberi there at the medical school. He directed me to the city library and quickly changed the subject. I protested that I had tried public libraries, and had no strength for an extra journey, but no one offered help or suggestions. After many weeks I was able to go to the great city library in San Francisco where I again found only a mere mention of beriberi.

"Go to **Stanford Medical School** for information about disease," said a librarian, assuring me that it was open to the public. I found it not one hundred feet from where I had three times asked for information. Two librarians served me with paragraphs marked. I read day by day the little that my strength would endure.

I grew furious. I had been misdirected and hindered in the effort to save my life.

"Beriberi, Asiatic PLAGUE, abroad in our land. Symptoms identical with "colds, constipation, indigestion, rheumatism, neuritis, influenza, scurvy, pellagra and insanity, with tendency to SUICIDE OR MURDER. AND PROVEN TO BE THE RESULT IN DEFICIENCY IN THE FOOD OF CERTAIN MINERAL SALTS WHICH DEFICIENCY IS CAUSED BY OUR CUSTOM OF SIFTING, PEELING, AND PARBOILING AND DRAINING AWAY THE LIQUIDS FROM OUR FOOD."

Notes taken in the library. First from an old work.

BERIBERI

Acute form, Symptoms: Stages in order:

Indigestion; constipation; Nasal affection like a "cold"; Lassitude; heart palpitation; hard breathing;

Usually ends with death from heart failure.

Chronic Form; Early stages as above.

Later stages: Weak eyes, falling hair, skin sores Stomach ulcers, kidney affection, chronic catarrh, asthma, cough, heart enlargement, numbness, paralyzed parts, dropsy.

Results of examination: "Microscopic examination of tissue reveals a corroding agent. The sheath of the nerve is invariably attacked in this disease and even cells of the brain have been found to have been destroyed. The bones and teeth lose lime."

Notes taken from Later works: Discovered by Voit in 1882 that pigeons fed white bread, or polished rice, lose lime from their bones even to the extent of perforation of the skull. Their wings and legs become paralyzed. They recover if fed whole grain meal or bran.

In 1859, Dr. Tikaki, Surgeon General in the Japanese Navy was made a baron in honor of his discovery that soldiers fed whole, unpolished rice do not contract beriberi.

A group of native Philippine Soldiers suffering from heart palpitation, hard breathing, pains in the nerves and coming down in numbers each day with paralysis, were quickly cured with bran from rice.

Discovered by the U.S. Health Service to the Philippines in 1905 that ANY grain robbed of pericarp (envelope of the grain) and germ will produce beriberi, and that fresh bran will cure the disease in the earlier stages.

A plague of beriberi on Culion Island of the Philippines was quickly checked, cures achieved in ninety days and the disease wiped out in nine months by the use of bran from rice administered as medicine.

Two of the doctors who effected the above cure then went to Siam where a railroad was being built and secretly experimented upon laborers - artificially producing beriberi within sixty days by feeding part of the camp upon polished rice, the rest having natural rice.

Those eating natural rice could not be made to catch the disease by any means of contact, even to the swabbing of their throats with phlegm from the throats of the sick. The diet was then interchanged. The well men now had polished rice and the sick group had natural rice. The sick immediately began to improve in health. The second group became sick within sixty days. The tabulated results of the above incidents and experiments were sent to the *United States Government, to the American Medical Association, and to Harvard and Columbia Universities. **THE REPORT WAS PRINTED IN A U.S. GOVERNMENT BULLETIN BUT WAS GIVEN NO FURTHER PUBLICITY.***

(See *Science of Keeping Young and Science of Eating* by Alfred W. McCann for above statements and the number of U.S. Bulletins.)

It was not until 1910 that Alfred W. McCann, a food chemist in the employ of the United States Government heard of this report of the U.S. Health Service to the Philippines while en route to China. When he returned to America he searched out the report from among records at Washington. Then he began feeding tests to prove the truth of the report, and chemical experiments to find scientific reasons.

In his feeding tests he found that bolted corn meal, white flour, polished rice, and pearled barley will produce in animals symptoms similar to those of beriberi.

In his chemical tests he found that the inside portion of grain produces acid in the

process of digestion, and that sugar, oils and albumen also produce acid, and that the use of these acid-producing substances without the materials found in the bran, peelings, germ, bones, glands or supplied in large quantities from fresh fruit and vegetables to neutralize this acid, overcharges the body with acid which, having an **affinity for lime, phosphorus and other alkaline substances of the body, attack the body tissues and cause the symptoms known as RHEUMATISM, "COLDS", NEURITIS, AND PRODUCE SWELLING, PARALYSIS AND OTHER AFFLICTIONS KNOWN IN THE ORIENT AS BERIBERI.**

THE BLOCK SYSTEM

McCann tried to get permission to tell doctors' conventions about his experiments, but *was refused*. After a long and expensive struggle he and a small group of doctors were able to secure legislation in New York on the subject of food demineralization. This fight on food demineralization was reported in the newspapers as a fight on FOOD ADULTERATION and secured non-effective "*pure food*" laws.

In spite of these efforts which should have advertised the cause of human disease to all the Earth, demineralized food was continued in the hospitals.

At the entry of America into the World War, McCann laid before the U.S. food comptroller the above facts, even to the Government bulletin, mentioned above, **which stated that the removal of only 4.4% of the grain in bran would produce disease;** and asked that as an educative measure, as well as to save grain, whole grain flour be adopted as a war ration. He received the answer, "*It isn't the business of the war department to educate the public.*" **76% of the grain was adopted as a war ration.** (See Journal of the American Medical Association of 1917.)

McCann gives it as his opinion that consumption, diabetes, cancer, and other more deadly diseases, as well as all our most common ailments, are but stages in the development of beriberi, or Asiatic Plague, acknowledged by the medical profession and by Webster's dictionary to be food deficiency diseases.

He recites the following dramatic incidents:

A WAR STORY

In April, 1945 during the World War, the *Kronprinz*, a German raiding vessel, landed in American waters with 110 paralyzed men on board. This vessel had plied between America and France capturing vessels carrying food to the Allies. The crew had kept for their use prepared foods—white flour, lard, bacon, syrup, rice, oatmeal, cornflakes, etc., and sank the rest.

In 225 days, 110 of the crew of five hundred men had *become* paralyzed. The ship sailed into Newport News Harbor and called for help. Many doctors came to the call. By order from Van Bernstorff, head of the German armies, newspaper men were not admitted to the ship. Alfred W. McCann, though a newspaper man, got on board by strategy and was invited by the ship's physician, Dr. Perennon, to prescribe for the stricken men. Through his prescription, which consisted of preparation from potato peelings and wheat bran and the use of apples oranges, egg yolks, cabbage, turnips, mild

and fresh whole wheat bread. 47 of the 110 paralyzed men were on their feet in ten days. and not a man was lost after the beginning of the treatment.

[H: Does it make more sense now why EGG YOLKS are taken FROM YOUR REGULAR DIET AS BEING TOO HIGH IN CHOLESTEROL? YOU ARE, EVEN BY THE HEALTH-FOOD TEACHERS, BEING GIVEN WRONG INSTRUCTIONS. YOU CAN, FOR INSTANCE, NOT ONLY HANDLE CHOLESTEROL IN A HEALTHY BODY—BUT NEED SAME. YOU WOULD *BE* BETTER OFF TO THROW OUT THE ALBUMIN OF THE EGGS AND EAT THE YOLKS. YOU AS A SPECIES MUST UNDO A LOT OF THAT WHICH IS BEING FED TO YOU, LITERALLY, IF YOU ARE GOING TO SURVIVE AT ALL.]

A FEEDING TEST IN PRISON

Twelve life-term prisoners in the Mississippi Penitentiary were offered their freedom if they would submit for sixty days to a feeding test. To their surprise they were given the best quality of white bread, macaroni, mashed and fried potatoes, white rice, rolled oats, sugar, coffee, syrup, meat and butter substitutes, canned milk, crackers, cake, cookies and, once a week they were given green collards or kale.

In a short time one of the men *tried to commit suicide*. Soon another man tried the same. When asked why, the first said he didn't know. The second said he felt so bad that guards had to be stationed to prevent still others of these men from destroying themselves. In forty-two days several of the men had well defined pellagra. Their hearts palpitated, they breathed hard, they had pains in their nerves, and some of them had swelled ankles. The governor of Mississippi pardoned the men without awaiting the limit of sixty days.

Simultaneously with the above experiment twelve factory women were undergoing a feeding test. They had nothing but whole wheat bread and water for sixty days, and experienced no symptom of disease or any discomfort. (page 66)

CHANGE OF DIET LEADS TO HEALTH

I was now sure I had found the cause of the continued sickness of myself and family. We eliminated from our diet the four classes of food that McCann had reported to be acid-producing.

1. Meat and fish.
2. White flour and all old cereals, macaroni, polished rice, tapioca, peeled potatoes, etc.
3. Extracted sugars.
4. Extracted oils and fats.

Also every form of manufactured or canned food.

Reading in a government report that the germ of grain spoils in about a week after the grain is ground, we began grinding our flour for bread and cereals fresh each day on a hand mill. We found, even as McCann had reported, that fresh ground whole wheat is an almost perfect **human ration**.

III: Whole grain SPELT* IS a whole product food. If, by the way, you get your Spelt bread mix from Gaia (us), you are getting freshly ground grain right off our mill. If your whole grain mix or flour fails to raise properly to your desires, add a teaspoon or so of water, substitute in a tablespoon of vinegar (preferably Kargosic/ Kambucha vinegar) for a tablespoon of water and add at least 1 rounded tablespoon of WHEAT GLUTEN. It is the absence of gluten in common spelt that causes lack of rising. If you have allergies (which you won't if you try this bread) then *just* don't have such fluffy bread and add no gluten. Dharma ALWAYS also keeps sprouting spelt of the common variety and, just as it pops the seed, uses at least half a cup of the burst grain in each loaf of bread. If you are using a bread machine, add it right at the beginning of the cycle. This one addition almost DOUBLES the value of the bread. *Triticum_spelta

Then in every soup or stew or wherever it is desired she adds wheat bran, oat bran or spelt hull. The addition is totally unnoticed if added to cooked refined cereal— except in almost immediate improvement in health. You would prefer the "bran" of spelt but we don't have any "bran" as such to any great extent because I have asked that the spelt NOT EVER BE REFINED. The hull is great but it is quite fibrous and sometimes objected to in other foods. Bran is totally absorbed. The people around here have made pasta, cookies, even cakes from the spelt flour and although the product is "heavier" than refined, especially cake grind, flours— it is especially tasty when fresh. The lovely thing, however, is that if you make sure you get an abundance of bran and whole grain products—you can have those treats of refined variety as you wish. The problem here, of course, is that the overindulging in refined foods will pile up the unwanted pounds.

When we speak of balancing a diet, however, you are going to have to cleanse out those parasites because the parasites are feeding on all the nutritious foods you are intaking. They enjoy the refined foods but only as discard. 100% of the American people carry parasites (intentionally) and because of the focus on junk food, there are not enough nutrients reaching your systems to sustain a healthy body. Get rid of the parasites, stay rid of the parasites and eat plenty of whole grains, preferably spelta, and you will be amazed at your well-being, memory pick-up and thus and so. It will help to get yourselves some of the other products offered here because I have balanced them to your needs and supplementation. You could survive FOREVER on a couple of pieces of buttered spelt bread, a few lentils and Kargosic/ Kambucha tea and remain in EXCEPTIONALLY GOOD HEALTH.]

For a long time we preferred it (whole grain product) in bread and mush to any other food. We even liked it first (the whole grain berry) raw and would sometimes make a meal on raw wheat meal with a little milk. We quartered our potatoes and cast away the "hearts", the starchy part, to compensate for the excess of starch which we had been consuming. Sometimes we would put the flour into a sugar or salt sack and shake out the starch to give a stronger percentage of the alkaline compounds of the grain. We ate our fruits and vegetables raw and unpeeled, in moderation at first.

We were .astonished at the results. In two weeks it was plainly discernible that the whole family were improved in health, and the improvement has continued for the three years since. I, who had been practically an invalid for ten years prematurely old, losing my !memory, and with a chronic cough, have so far recovered as to be stronger than in the "prime" of my life.

I had been saved from the fatalism that had hung over my life, but my youth was passed, my mission in the world thwarted. There was left to me now but one purpose--to save others from a like fatalism.

[END OF QUOTING of Part ONE] (Page 68 from the Book)

TRACKING DOWN THE KILLER. PART 2: (page 71 à 75)

FOOD SECRETS AND OTHER SECRET WAR FRONTS

By Bonne L. Fisher, Circa 1929

[QUOTING:]

LET US SPREAD THE NEWS

As soon as I was sure I was improving, I began to consider how I could most quickly get the news to other sufferers. I was still reporting occasionally at the Stanford Medical School, and thought to *give the* hundreds who were coming there

daily the benefit of our experience by telling doctors, nurses and students. I found their minds prepared to *combat* the idea. I made engagements only to be dismissed at the first hint of my business.

I dragged myself to the *Labor College in San Francisco to tell the Socialists*. A short dark woman interrupted me and ranted that I wanted to reduce the workers to a diet of bran, but that they preferred beef steak. When I tried to explain, a motion was made and carried to adjourn, and the meeting broke up in astonishing confusion.

As soon as I was strong enough I wrote a paper on food demineralization--*The Broken Staff-- and* tried to get doctors to read it. At first I was told at Stanford Medical College that the school would publish the paper. It was held there four months, and was handed back without comment. Meanwhile I had rewritten it and changed the name to *Correct Eating*.

AGAIN THE BLOCK SYSTEM

As soon as this paper was printed and sent to the Copyright Office there was begun in the newspapers and magazines, by lectures and over the radio a very deluge of **MISinformation** concerning food and health. **[H: Does it perhaps become more fully realized WHY I ADVOCATE NO COPYRIGHTS AND/OR PATENTS? (71)**

When you send your work or invention to these Federal Agencies— you walk right into your enemies who will use all of your work and all of your ideas and products—FIRST! They can simply take them and you have no REAL defense. You might have some small advantage over another hapless writer or inventor—but THE BIG BOYS WILL ALREADY HAVE IT, USE IT AND DESTROY YOU IN THE PROCESS IF NECESSARY.]

Ignoring the facts of the robbery of vitamins and minerals from the food, there were discussed "Food Combinations", "correct Menus", recipes, exercises, "Health Thoughts", breathing, baths—and warnings against dieting except under the direction of a licensed physician. Lectures in the name of Dr. Fishbein sarcastically dismissed the idea of "new fads" in eating. McCann complained of similar tactics used to block his efforts.

He suggested that it seemed an enemy to the government was hindering the spread of information concerning the food discoveries. He *begged* us to read *Isaiah* and other portions of the *Bible* which he indicated, but since I needed no religious incentive to cause Me to use the correct food, I did not look up the references. Now, I too began to be suspicious of an enemy.

But the mind works feebly in a body poisoned with acidosis. I was still too much absorbed in the scientific principles of food chemistry to give much thought to a possible enemy when....

A MAN CAME TO WORK FOR US

....whom we had known for twenty years. He was shunned by many people as a religious fanatic, but I found him interesting.

He was a peculiar person, kind, gentle, just. Still it seemed his trade to honor Jesse James and to condemn the working man. "Satan has a right to his change," he would say when he spoke of injustice to labor. He would accept nothing as a gift. He said, "There is a curse on it." He refused most of our food preparations, saying, "It is what people eat that makes them sick."

When we asked for explanation, he quoted scripture. He had had for twenty years an explanation for all our ills and perplexities, "You are in the war." "You are in the hands of your enemies." "It is the end of the world." "We have to go to another planet to live." He told of a place in Seattle where men learn how to separate the spirit from the body, temporarily. (Effect of drugs?)

I explained to our friend our new dietary and the chemical reactions of the alkalies and acids of food.

After a peculiar silence he said, "Yes, you have found out **a part of the truth, but a part of the truth won't save you. Go ahead and perfect yourself.**"

Another time he told a story of a tribe of people who were made slaves because of trespass, and were set to work in the fields and kitchens of their captors. Punished when they did not grind the grain fine enough to suit their "proud" master, they

invented the sieve and sifted out the fine white part of the flour for their master's tables, while they themselves, ate the coarse brown part to save the labor of more grinding.

The master class became "foolish" and quarrelsome, and later when the slaves finally realized the cause of this condition, they further demineralized the food by soaking, parboiling, and draining away the liquids from meats and vegetables.

The master class became more and more "foolish" and helpless in the hands of the slaves until, entirely unable to manage their country, some killed their own children. Procreation gradually ceased, and the race died off in **seventy years**.

I said, "Why, that sounds as if it might be the story of the fall of Babylon."

He said, "It was Babylon."

"Did you make up the story?" I asked. He answered, "No, it is in the *Bible*."

"I never read any such story in the *Bible*. Where do you find it? He answered. "In *Isaiah* and in other books, but you couldn't read it." "How do you get it then?" He answered, "I'm a Sheeney."

"But what is a Sheeney?" I asked. He turned and looked at me for a moment in surprise. "Don't you know what a Sheeney is?"

I protested that I had never heard the word. "A Sheeney is a Jew."

Another silence, then he answered, "Yes, I am—a half Jew." And he told the story of his childhood home; then continued: "You can't read *the Bible*. The books of the *Bible* are **CLOSED BOOKS, all but** the book of *JOHN*. *John* isn't trying to cover up anything."

"The book of *Isaiah* is seven fold. It contains seven separate stories. You have to be instructed to read the *Bible*. You have to be perfected to read it all." Here he took a hearty laugh at the idea of preachers explaining the *Bible*. "Nobody ever read *the Bible* unless a **JEW TAUGHT HIM, OR GOD ALMIGHTY, HIMSELF," he added.**

I told this man how the doctors at the medical school had acted about my paper.

He exclaimed, "That wasn't fair. It is promised that if they can find out the truth, they shall be saved, and you had a right to tell your people," and he recited a torrent of scripture.

I asked him if they—the Jews—did not organize the many religious sects. He answered, "The Jews have organized ALL the churches, each for its particular place in God's plan."

"THE MASON LODGE, too?" I asked. "Yes," he said, "and all the other lodges that ever amounted to anything." A Mason in high standing had told me this twenty years before, and that there **are degrees in the Mason Lodge to which only Jews may belong.**

I asked my friend if the Italians who run nearly all the business in California are not just Jews?

"HE WILL RULE WITH A ROD OF IRON"

He answered, "Most of the people around here are Turks. And when the Turks get you, you will know you are in the hands of your enemies. They will rule with a rod of iron and don't you forget it."

Once at a gas station this man remarked as he stepped into his car. "They are working here, there is their sign." I asked who were working and what sign, but he did not answer.

This story of our friend, his many years of warning, "You are in war:" his statement concerning the Jews as organizers of religion, lodges, etc.: his suggestion concerning the Turk in America; the "Italian" doctor's nervous reaction at the mention of beriberi, and certain strange maneuvers of the great World War and the plague of influenza that followed; now associated themselves in my subconscious, and I saw a war on my race that included the fallen civilizations, superstition, witch-craft, fortune-telling, race suicide, unnatural marriage laws, asceticism, and the fooleries of our educational system.

For years a Socialist, I now sensed the source of our many betrayals. But I must find evidence. [END QUOTING OF PART 2] To be continued.

TRACKING DOWN THE KILLER, PART 3. From page 85 to 89

By Bonne L. Fisher (Circa 1929)

(QUOTING:)]

A REVIEW OF EXPERIENCES, WAR FRONTS

In the Socialist Party meetings we had discussed the possibility of an enemy getting possession of the country by buying up the resources. Could it be possible that Jews or Turks already control the corporations? (II: Again, you have a lot of non-specifics regarding classifications and no one seems to be able to delineate properly. That is always intentional on the part of the would-be kings so that you don't end up with any idea at all as to what you are doing versus what the newly accepted definition might be of some terms affixed. I cannot see one whit of betterment of a "Socialist" over a "Jewish Party", a Marxist Party, a Democratic Party and thus and so on and on into infinity. The difference is solely measured by the definitions of the ONES IN POWER!] Or that Jews controlled by Turks are putting over a program of extermination of other races? Could this birth-control propaganda and Eugenics be of their planning?

I had read a book by Goldberg, entitled, *HAVELOCK ELLIS* revealing that Ellis was paid a salary for his writings, the chief principles of which—"Free Love", "Easy Divorce", "Companionate Marriage", "Elimination of the Unfit", "Birth Control", etc., have been ascribed to the Socialists, and have been the chief cause of the persecution of this order.

Goldberg says that Ellis, his wife, and certain others mentioned below formed a "Bohemian" social clique, and interested themselves in methods of suppressing procreation among the lower classes in America and France.

That there was plenty of money for this cause, is shown by the many journeys back and forth between France and America, and by an expression of Mrs. Ellis that "We could use thousands of dollars right now to employ women to interest other women in decoration, the earnings of money, etc., to divert the maternal instinct. She insisted that it is all right to divert the maternal instinct, but that she didn't believe in vivisection for the control of birth, which shows that this subject was at that early date being discussed in the "upper circles".

Goldberg states that the "feminist movement" (women in business, politics, and labor) had its beginning in the efforts of this clique. He also reveals that the members of this clique joined certain Socialistic cooperatives and then became "disillusioned", which cooperatives soon after failed. (Socialists are acquainted with this form of Betrayal.)

Goldberg says, "It was not an accident that the Ellises met the Sangers, Keys, and Schreiners. And he drops the information that **Eleanor Marx, daughter of Karl Marx**, was also one of this clique.

Page 358, vol. 8, *Jewish Encyclopedia*, reveals a gross betrayal of the working people by Karl Marx, father of Socialism, a **Jew**. Except for this and similar betrayals the Socialists might have adapted the government to the Machine Age and have inaugurated a *system* of justice for all.

'100 YEARS OF BIRTH CONTROL' in *Current History* for June, 1929, reveals that the women mentioned above were "Pioneer birth control advocates". The record shows them Jews. The above-mentioned article states that when one of these bravo pioneers was arrested she was quickly bailed out, and that even the fear of torture did not daunt them.

Every white community in America has been affected by this birth-control propaganda to the reduction of the White Race. That it is not intended primarily for inferiors, is shown by the fact that college women were first to receive instruction.

(In *Without Prejudice* Zangwill shows that this interference with women's instincts is a form of war. He says, "**Humanity will then come gently to an end.**" He also suggests methods of breaking down character as a means of warfare. We may see that the 'Crime Wave' is the result of certain of his suggestions.)

The *Jewish Encyclopedia* under the heading, "Jewish Peddlers" shows that this "peddling" was to be of propaganda in favor of the 'Elixir of Life' and of cosmetics. He throws out

hints that show the extreme feminine styles and habits since the war (and therefore) are *a part* of a program of war against the White Race.

I had been worried over the tone of birth-control propaganda and I determined to know whether my religious friend knew anything about birth control warfare. With but a hint, he replied:

"Then you think my little sister (a woman preacher) is doing harm instead of good?"

'Does she preach birth control?' I asked.

"Sure she does. It is the end of the world. Time to close up the books. God has promised this world to other people."

I then told him how they were taking the world. I showed him records of secret asexualizations with the pretense of "rejuvenation" and *cases* done entirely without the knowledge of the victim that an operation of any kind had been performed, under the pretense of a physical examination—a plumber, an electrician, a dentist, an importer and a long list of other middle-class American men. And I showed him the book *Sterilization for Human Betterment* where it states that these operations ate of doubtful benefit to the health, but which also shows that normal men and women are being secretly sterilized for financial and other reasons, and shows that the operation is often done secretly.

He was disturbed and excited. Next day he began preparations for going away. First, he painted out the *strange* figure that decorated his car—an inverted shield or helmet—the same seen on **fronts of banks, post offices, on post office money orders, on the highway, on trains, and on the fly leaf of the Apocrypha (books of the Bible withheld from Gentiles).**

"PROPHECY IS A POWER FOR ITS OWN FULLFILLMENT" ~ Zangwill

Before our friend had gone, a woman came selling books. "What kind of books?" I asked.

"About the kingdom that is being set up."

"Where?"

"Right here."

When?" *was* my next question.

"Just exactly when it was prophesied that it would happen."

I bought *Comfort to the Jews, War, Crime and The Kingdom*, and read-- "The end of the world means the end of the Gentile rule". "The millenium means the time of setting up a

world Kingdom of the Jews." "The period of Gentile rule on Earth ended exactly: August 1st, 1914."

The World War was a fulfillment of prophesy." "It is time for God's people to take an active part in bringing about a fulfillment of his plans."

"The wartime influenza was a great benefit to the Jews. Six times as many died with the Flu in six months as *were* killed in the World War in four years."

And it was slated that a war more terrible than the last is to break upon the world in the immediate future, and that nothing can now avert that war, by which was probably meant the present war of unemployment and starvation. [**H: But that was NOT what happened after all, was it? Hind-sight is always an excellent measure of prophesy.**]

[END QUOTING OF PART 3]

We need to interrupt this writing and this seems a good place for a break. I want to avoid separation of the content of the next writing because it is going to show you how *the 'Bible'* is but a WAR PLAN and means of instruction for the Taking Control of the planet, a PLAN OF WAR AGAINST MANKIND BUT SPECIFICALLY THE SO-CALLED "CHRISTIAN GOYIM". [To a jew, goyim or goy means cattle]

TRACKING, DOWN THE KILLER. PART 4: (91) **FOOD SECRETS AND OTHER SECRET WAR FRONTS**

By Bonne L. Fisher (Circa 1929)

[QUOTING:]

THE BIBLE WAR PROGRAM

I turned to *Isaiah* to see if I could find any indication of a program of war. There it was, plainer than I had expected. Strange anyone ever thought **ISALAH ANYTHING ELSE BUT A WAR PROGRAM**. There was reference to "That seventy years" (that it took to destroy Babylon) and to the use of poison and the destroying of 125,000 persons in a single night. "I will feed thine enemies their own flesh" (Zangwill shows in very covered-up style how water may be poisoned by putrid flesh. He says, "Shall we make peace? Seventy years are long to wait.") *Esdras of the Apocrypha--part of the Book of Isaiah—says, As for the sacrifices, they sod them in brass vessels and set them before all the people and afterward they prepared for themselves and their brethren."* **Brass is poison**. A Millennial feast!

Isaiah 3, v. 1: Behold the Lord taketh away the stay and the staff, the whole stay of bread and the whole stay of water" 9-20.

They shall snatch on the right and still be hungry. They shall snatch on the left and not be satisfied." 37-3: "The children have come to birth and there is not strength to bring forth." (*Isaiah*) "Their bones rot."

"I will give babes to rule over them," that is, the children fail to attain maturity of mind on **demineralized food**, which is a fact.

There are promises of reward for faithfulness in this war "houses and land and the glory of the Gentiles", and the refrain, "MY hand hath found as a nest, the riches of the people and one gathereth eggs that are left have I gathered all the Earth; and there was none that moved a wing, or opened the mouth or peeped." [**H: IN 1929 THERE WAS NO NOTION ABOUT RADIATION FROM A-BOMBS AND ACCIDENTS!**]

THEY FEEL CALLED UPON TO EXPLAIN

Picking up the current number of the Sunday School paper while the teacher finished *her* rhapsodies relating to Semitic sanitation, I read:

"Proud Race, I count ye as naught, though ye live. For what is there of man but for a time to seem to prosper well,

And having seemed—to Fall?"

The subject at this same church that evening was "Prejudice", and we Gentiles were taught our duty to our 'adopted races'.

When a relative came home from school in San Francisco that week she said, "What do you suppose I heard in school today?" A white teacher had made the remark, "Well, it's time for the White Race to go out," Another had said, "I'm afraid it's a lost race." Still another had said, "It's just like the fall of Rome." (Repeating *the* propaganda of the Sunday School lesson, I, myself, heard the words in a *beauty* parlor, "You know a white face isn't considered particularly beautiful any more.")

THE CHOSEN PEOPLE

To test whether or not the Jewish masses are conscious of a concerted program against other races, I said to an intelligent Jewess "The Jews may have been persecuted in other countries but in America they have been treated as well as anybody. Now, why should they try to displace us?"

Instantly she answered without embarrassment, We are the chosen people of God.

When I drew attention to the egotism of the idea, and the probability *that the deterioration of the White Race is* in some way the result of treachery, she said thoughtfully, "Then you don't believe it is capitalism or God, you think it is just the scientists."

Astonished at her voicing my suspicions that a definite body of people are conniving *against the peace* of the world, and that the theory of diminishing returns had received its strong support as a scheme to delay action against an unjust social order until too late, I answered with sudden inspiration: "Yes, I think scientists are helping, They are misleading our doctors. They got up the idea of blood-letting for the cure of disease that murdered our people for a hundred years. They have caused us to use wrong food. They had prescribed wrong medicines.

"I think these same scientists are stirring up turmoil in the world, misleading and confusing the people; dividing their ranks; setting man against man, women against men, children against their parents, the people against their rulers, the rulers against the people. I have seen the force at work in the schools, teachers' institutes, fairness' meetings, women's clubs, and in the churches. I think these same people have been responsible for the saloons, the tobacco and dope evils and for the making of poisons, explosives, poison gas, and all the *wars.*"

"But it is in the *Bible,*" said the woman.

"Yes," I said, "I have been reading *Isaiah lately.* I wonder we have not read it before." (93)

I had been greatly interested in psychology before I lost my health and I now tried to explain to this woman how simple is the science of mental control and how even babies learn to control their parents -and how those who live from the work of others come instinctively to exert themselves to control the mind of other.

How secret war might be made through misleading, confusion and through suggestions of crime, disloyalty and selfishness. I showed **how religion, hypnotism, spiritualism, are merely artificial control of mind and sex**, and when understood are as simple as arithmetic. I explained that it is easier to control people when their glands are **depleted through starvation**, and masses of the people through the church and **newspapers.** I showed how it might be possible that her people, as well as mine, were being misled by a secret enemy? and that no matter what race should possess the world, **peace** would be impossible so long as the present idea of the scientists of "survival of **the fittest**", **and** the right of the fit to decide who shall survive, shall be the guiding principle.

"Yes," I said, "**The enemy are the scientists: They understand psychology. They suggest crime through the newspapers.** It has been just war. The World War and the other wars have been part of it. The closing of the banks and turning the men out of work are also part of it. They could never have put it over had our people not first become **feeble-minded**

through devitalized food. That, too, is in the *Bible*. They carry out the plan of confusion mentioned by *Isaiah* by changing street numbers, telephone numbers, forms of receipts and legal documents, by 'daylight savings plans', etc. No, I do not believe that God is doing it."

I was merely thinking aloud. The woman was thinking too. She surprised me again by saying, "I would help in just one movement. That would be in the destruction of all religion." She saw the relation.

CORROBORATION (page 95)

Stupefied by what I had heard and read, I went to Dr. Blank of the University of California and asked:

'Dr. Blank, are about half the doctors of the world Jews ? '

"Well, now, I wouldn't be surprised if a larger proportion than that are Jews," he said.

"Are they at the head of the profession and in authority?"

"Oh, yes," said Dr. Blank, "The Jews have developed medicine. They are the head of all sciences".

"Is Margaret Sanger a Jewess?"

"Yes, Margaret Sanger is a ewess." "Is Paul Popenoe a Jew?"

"Yes," he was acquainted with Dr. Popenoe, and thought him a Jew.

I asked questions concerning E.S. Gosney and the bank in Los Angeles in which are deposited gifts for the "sterilization" of the "unfit" and the law supposed to govern asexualization in California! It is admitted that these are not regular laws, but are "POLICE ACTS'. [H: PLEASE REMEMBER: THIS WAS OVER 60 YEARS AGO WHICH MEANS THAT THINGS WERE ALREADY TO THE POINT IN THIS WRITING TO BE FULLY OPERATIONAL!—BY 1929.] Asexualization has no legal status. California voted against the Anti-Vivisection bill, being told that this meant merely the giving of the medical profession the right to experiment upon animals. Popenoe states that the people by this act sanctioned the principle of sterilization by the state. But Dr. Blank like many other Eugenists had not had time to read these laws. (See Act 1648, Calif. Civil Code of 1917, and Calif. Penal Code of 1917.) Only an enemy, or men under the effect of drugs, (96)

Could have been induced to make such laws at any time, much less in the face of war.

In our investigation, we found that Dr. Fishbein, Czar of the American Medical Association, is a Jew. That the head of the Maternal Service in San Francisco is a Jew. That the Social Service is chiefly in the hands of Jews, and that the Board of Health in San Francisco are nearly ALL JEWS.

Dr. Betts of 320 Superior St., Toledo, Ohio, choice that Dr. Fishbein, mentioned before, refused to allow important health news printed in the literature of the Medical Profession. He claims that alter 152 scientists had testified in the Government Aluminum investigation that aluminum vessels, spoons, etc., **give off into the food the compounds, aluminum sulphate and aluminum hydroxide—which are POISONOUS**— Dr. Fishbein refused publication to this news. Both of the above mentioned chemicals are being extensively used as water "purifiers".

A SEARCH AND A FIND

I went to the library to find who, or what influence, has been responsible for the demineralization of the flour and rice supplies of the world, since I now saw that this was not the result of mere ignorance. The encyclopedias in general use are almost blank on this subject. I found that experiments were made in Paris as early as 1811 for 'purifying" the flour (names withheld). A "philanthropist", Ignace Paur, an "Austrian", had invented a machine for separating the parts of the grain.

I asked for books by Jewish authors and received *Dreamers of the Ghetto, Voice of Jerusalem*, and *Without Prejudice*, by Zangwill.

References from these books led me to *THE JEWISH ENCYCLOPEDIA*, a massive work of twelve large volumes, to *AU PIED DU SINAI*, by Clemenceau, leader of the French armies during the World War, and to the *Bible Dictionary*. (97)

As soon as I began reading these books i gathered a group of loyal friends, and together we began an investigation of food demineralization and other secret war fronts. Valuable time has been lost trying to get help for a more extended investigation; trying to save the sick; trying to make teachers, preachers and statesmen understand; and rushing through pamphlets not complete enough to be fully understood.

The studies that have contributed to the preparation of this paper are as follows:

1. Miscellaneous works on beriberi studied in Stanford Medical School.
2. A paper contributed by a rice milling company in India on the subject of how much of the pericarp can be removed from rice without producing beriberi.
3. *The Science of Keeping Young*, by Alfred W. McCann.
4. *The Science of Eating*, by Alfred W. McCann.

5. Article on the decay of teeth, *Current History*, 1929.
6. *The Development of The Child*, by Oppenheim.
7. *Glands Regulating Personality*, by Berman.
8. Books on *Behaviorism*.
9. *Rejuvenation*, by Norman Haire.
10. *Life Shortening Habits and Rejuvenation* by Lorand.
11. *Old Age Deferred*, by Lorand.
12. *Problems in Eugenics* being reports of *The First International Congress of Eugenics* (See *Jewish Encyclopedia* for derivation of the word. "As", "is", "ieu", "eu", and "ew" equal "JEW", "*EUGENICS*" MEANS "*JEWGENICS*").
13. *Eugenic Reform*, by Leonard Darwin.
14. *Sterilization for Human Betterment*, by Popenoe.
15. *Reports on Eugenic Sterilization in Social Hygiene*, 1927.
16. *The Voice of Jerusalem* by Zangwill.
17. *Dreamers of the Ghetto*, by Zangwill.
18. *Without Prejudice*, by Zangwill.
19. *Ghetto Comedies*, by Zangwill.
20. *The Grey Wig*, by Zangwill.
21. *The Melting Pot*, by Zangwill.
22. *Comfort to the Jews*, by Rutherford.
23. *Prophecy*, by Rutherford.
24. *Crime*, by Rutherford.
25. *War*, by Rutherford.
26. *The Kingdom*, by Rutherford; "Israelites of the House of David" literature.
27. "*100 Years of Birth Control*" in *CURRENT HISTORY*, 1929.
28. *The Malthusian Essay* written to order by Malthus.
29. *Race Improvement*, written to order by Havelock Ellis. Concordance to the unauthorized version of *the Bible. Bible Dictionary*.
30. *Havelock Ellis*, by Goldberg.

31. *Isis Unveiled*, by Blavatsky.
32. *Evolution*, by La Marque.
33. California Laws for Asexualation. [sterilization]
34. *Back to Methuselah*, by Bernard Shaw.
35. *Wars of the Crusades* in Myers *Medieval History*.
36. *History of Rome*, period of Hadrian, Nero, Constantine.
37. *Commune of 1871*, by Eleanor Marx.
38. *Innocents Abroad*, by Mark Twain.
39. *The Next Age of Man*, by Edward Wiggam.

I have also attended Eugenic lectures in San Francisco, and have visited the homes of crippled children in San Francisco and vicinity, where thousands that should be the *stay of* the present generation and the parents of the next, lie helpless invalids--victims of the X-ray, radium, and demineralized food. I have interviewed thousands of unemployed men and talked to returned soldiers. I have talked to, but not with, Eugenists. (They have no word to say.) All of which experience has contributed to my preparation of this paper.

[END QUOTING OF PART 4]

I want to insert something here because I am being a bit nagged by readers as to why I haven't shared this with you prior to now. Because we have enough TROUBLE JUST STAYING IN PRINT AND PRESS WITHOUT THIS "HEALING" INPUT. We are getting to topics as quickly as Dharma can type and do all the myriad other things which everyone seems to think to be her tasks since she works for me most directly. I can't help that to any great extent and when she "gets enough" I suppose she will stop the overload. I am not going to ask her to do all the planning, baking and perfecting this time, however. Why do all of you think I request you to change to whole grain spelt and bothered to introduce ability to get bread machines at discount, flour and MIXES? We have to do these things properly, under regulations which are set to STOP us, not help us. We do the best we can and you are going to have to do your part. The very disease "Polio" was predominantly a "deficiency" disease wherein there was also introduced a viral microbe and bodies were left with no ability to recover without permanent damage.

You will note that the nice white-bread producers HAVE TO FORTIFY (ADD) VITAMINS AND ESPECIALLY "THIAMINE" to product. That is no accident as the facts WERE SO OBVIOUSLY INTENTIONAL that the deceivers couldn't get away longer with avoiding notice. There were laws passed requiring fortification of bread and, as people stopped making bread at home, the noticeability of "dis"ease was more and more obvious

as to cause. As ones go back now to bread machines for the "impression" of baking from scratch--the disease will heat up again—from over milled flour in the prepared mixes and flours. REMEMBER— I CAN ONLY "SUGGEST" AND GIVE YOU "REASONS". YOU MUST DO WHAT YOU WILL DO! The people HERE have made available at minimum expense the things as we present them. If you choose to not use them, we cannot help it—for choice is yours.

As with aluminum cooking pots, we can. I suppose, carry glassware pots or stainless steel cookware but it is readily available in all markets. If aluminum is covered with non-stick or anodized, you can use it—especially for non-acid foods.

Now, for other toxic minerals which you have already used predominantly and now reap rewards, i.e., aluminum, etc., I suggest you use "fluoridated" tooth paste. This gives just enough to counter the toxic minerals of minute parts of aluminum and lead and, if kidneys and liver are not already too damaged, will product "salts" which can be excreted by a normal body system.

You ones have lived like this all your lives *and now you want* to BLAME US for not telling you? *Good* grief, people, THIS VERY INFORMATION HAS BEEN AVAILABLE TO YOU SINCE 1929. Further, nobody comes along and relieves us of having to go to weekly court sessions, work with NO INCOME, keep us from LOSING everything to people like George Green(berg) and Rayelan Russbacher. Perhaps we can get more quickly to these things if somebody helps us struggle through these problems and helps pay the lawyers' fees. So far a tiny handful have had to do the struggling, do the offering, do the giving and do the paying. The complaints of our shortcomings are getting a bit wearing on the receivers of same.

What is really going to tic you off is when we tell you that almost ALL of the Health Food presentations and rigorous regimens such as no fat, no butter, no this and no that— are ENHANCING THE PROBLEM— NOT FIXING IT! ONE BY ONE YOU ARE DELIBERATELY SHUTTING DOWN YOUR SYSTEMS, ORGAN BY ORGAN, THROUGH YOUR FOOLISHNESS AND CRAZE TO BE THIN OR WHATEVER ELSE IS THE GOING FAD OF THE MOMENT. YOU CLAIM TO SEEK GOOD HEALTH WHILE YOU MARCH DIRECTLY TO THE PITS AND NOW YOU WANT TO THROW ROCKS AT US FOR NOT TELLING YOU THIS INFORMATION SOONER! WE HAVE NO MORE THAN 1,500 SUBSCRIBERS SO I DON'T BELIEVE IT IS "YOU" WHO HAVE A RIGHT TO COMPLAIN. WHERE ARE ALL THOSE OTHER PAPERS WHO SUPPOSEDLY GIVE YOU INSIGHT AND TO WHICH MILLIONS OF YOU SUBSCRIBE? MAYBE, READERS, THERE WON'T BE A WHOLE LOT IN NUMBERS MOVING WITH US. THE PLAN (REMEMBER?) IS TO ENSLAVE YOU- THE-PEOPLE, WIPE OUT "CHRISTIANITY" AND "CHRISTIANS"

OF ALL TYPES, RACES AND COLORS, AND THE ELITE PLANNERS CONTROL WHATEVER IS LEFT AS TO PROPERTY AND PEOPLE.

I'm sorry, readers, but your children are being immunized right into seizures and hyperactivity and total incontrollability. This is ENHANCED by poor food quality intake—in favor of the things "they like" and the junk they have to eat because there is nothing else offered. I can promise that such as "Josh" will be a CHANGED CHILD after only 10 days of intake of high whole grains and either remove milk as you get it in the stores or make sure it has added acidophilus. Put butter on his WHOLE grain (not the colored stuff you get called whole wheat) or pure spelt bread mix or whole ground spelt flour pasta (get a machine if you don't know how to make pasta) and mothers and fathers are going to have to start sharing responsibilities of homemaking, cooking and/or allow the mother to stay home and attend the home and children. One or the other seems to be the HARD choices but **you have lost your desire for nurturing in exchange for having things and making a standard of living up to your own wishes at the expense of the children's welfare.** It may well be "necessary" but it is not paying off in quality of living.

Success does not come with being "just" able to stay home, for look at the total disaster of welfare homes-- do you think food stamps go for buying the whole grains and vegetables for health? No—the whole point is to allow the welfare recipients the same INCREDIBLY BAD LIFE-STYLE AND FOOD STYLES OF THE RICH—to dumb-down and stupefy and sicken them.

The last thing you need to do, however, is go through the total silliness of dressing in long dresses and aprons and move to the primitive wilderness. You need to do what you do in the environment where you live. You don't have to move to the country and knead bread from a wooden bowl. However, it doesn't really work to have a bread machine in the wilderness where there is no electricity. Can't you figure out the wisest way to utilize the GOOD THINGS of your generations without dropping out of the universe? One thing you can do is stop wasting money on exercise machines and go hoe and till and plant a garden, paint your house, clean your floors and do some WORK instead of spending your money for which "YOU HAVE TO WORK TWO JOBS TO spend on foolish machinery and memberships which only add weight and lining to the pockets of what turns out to be your enemies.

If your bag is mountain climbing for sport, cycling for sport, surfing for sport-- try balancing on a "charging machine" for energizing batteries or climbing up and down a ladder with a paint can and window-washing mop. I HAVE NO PATIENCE WITH ANYONE WHO SAYS, "I CAN'T" !

There are a lot of other things to attend this morning so please let us end this segment. If I seem a bit "hard", I do not apologize. It is YOUR life, YOU brought children into this

world and I AM SORRY—BUT IT IS YOUR RESPONSIBILITY TO FIX THIS BROKEN HEAP OF GARBAGE YOU HAVE PRODUCED OR ALLOWED TO BE PRODUCED **WHILE YOU DIDN'T NOTICE OR FELT YOU DIDN'T HAVE THE RIGHT TO BE PUT-UPON SO HEAVILY.** I TRUST ALL OF YOU SEEKERS FOR "SELF" FOUND "SELF" BECAUSE YOU ARE ABOUT TO GET TOTALLY LOST NOW. WHY DON'T YOU "GROW UP' AND GET YOUR FAMILIES AND RESPONSIBILITIES TOGETHER AND DO SOMETHING WORTHY OF GOD?

Salu.

END OF PART 4

TRACKING DOWN THE, KILLER. PART 5:
FOOD SECRETS AND OTHER SECRET WAR FRONTS

By Bonne L. Fisher (Circa 1929)

[QUOTING:] p. 103

THE EXPLANATION

Before going further let me here insert the explanation which drives to the heart of this most monstrous of all conspiracies against the health and peace of the world.

A close study of certain statements of the *Jewish Encyclopedia* corroborated by the concordance to the unauthorized version of the *Bible*, the *Bible Dictionary*, the *Webster's Unabridged*, reveal that the term "Jew" is used in two ways.

One to denote a branch (or a whole) of the Semitic race, acknowledged in Zangwill's books and other Jewish literature to be synonymous with "Moor", "Saracen", "Ottoman", and to include the Gypsies and which is revealed through a study of certain of their outlaw bands, of which the *Order of the Assassins* has been one of the most noted to be a cross between the Mongolian and Ethiopian races.

[H: Here again I must interrupt to remind you that the LIE is carried through here as MISrepresented. These "Jews" as stated in the prior paragraph ARE NOT SEMITIC. In "taking" the term "Jew" they also chose to present another "opposite" for the confusion of you-the-people by also calling themselves Semites (the very opposite of that which they are). This is the mode of operation, readers, take the opposite of each definition. For example, while swearing to speak truth the ACTUAL OATH (Kol Nidre) states a SWEARING TO LIE AND NEGATION OF ALL OATHS IN THE COMING YEAR (this is the FIRST oath of the Holy Days). The term "Jew" was INVENTED, ESTABLISHED, MADE-UP, CONJURED—IN THE LATE 1700s TO SUIT A MOST TIMELY NEED FOR HIDDEN RECOGNITION.]

The other use of the term "Jew" is to denote a people of adoption produced by the Semites through securing, in various ways, children of other races—notably the White Race—and raising up white and

half breeds to a fictional history, tradition of oppression by the Gentiles, and a fictional religion, the chief tenet of which is a divine promise that they shall one day possess the Earth—the purpose being to carry out a program of secret invasions and a secret exterminating war against the peoples of the world for the benefit of the Semites or real Jews.

[H: You have to understand that, once established as they proclaimed themselves to be, they functioned under the *TALMUD* and presented as Semites or "real" Jews. You will recall a few years back that the Israelites were making raiding RAIDS and kidnapping Ethiopians the raiders claimed to be "Jews" and bringing them out of the "bush", or anywhere, loading them aboard planes and hauling them off to Israel—most to become bond-slaves. When I say a "few" years ago—I mean like two or three.]

"Utocthenes" is a word in Jewish literature and by our half-Jew friend mentioned heretofore, to indicate the "remnant" left after each "dispensation" or period of world destruction (by the god, or government) of the real Jews, as their literature reveals. Some of the adopted Jews of white and mixed blood are no doubt descendants of the Greeks and Romans, white people, as is shown by the ancient play *Encymion* and certain of Shakespeare's plays. Both Greece and Rome were destroyed by the Jews, as is shown by *Jewish Encyclopedia* and by "Voice of Jerusalem", the "Islam" *Dictionary* states that Greece was destroyed by the Tartars, and elsewhere states that the Tartars were Turks.

The Turks obtained many white children through the CHILDREN'S CRUSADE and through the secret treaty which ended the wars of the Crusades, by the terms of which Europe (**in reality the Church**) delivered to the Turks one thousand European children per year, and which agreement was actually complied with for ten years (Myer's *Medieval History*). [H: **So the now-called "Jews" revised history for centuries upon centuries to suit their wishes and needs. One day they would take Italians, the next Greeks, the next Palestinians and this year, the Americans (all). They were well established in England—and the ROYAL CROWN IS ALL INTERTWINE WITH THEM.**]

The veiling of the women of Turkey and the mysteries of the harem have their explanation in this movement to produce a people, who under the domination of the Turks should be able to penetrate the nations and act as pioneers in campaigns of invasion and as buffers between the real Jews and the people being invaded and displaced. These adopted ones are, of course, taught that obedience is the chief virtue.

The early success of the scheme led to the proselyting of the banished and persecuted of other races--criminals, political offenders, etc., and using them also as agents. End of 105

P. 106 The rite of circumcision and other secret methods of asexualization regulated procreation among this class, for as *Jewish Encyclopedia* states, "This rite can be performed so as to be on a level with human sacrifice—eunuchism." [H: **How many of you male readers were circumcised and had your boys circumcised because a doctor (usually Jewish) told you it was medically the thing to do and then gave you a bunch of garbage reasons? That one act of ritual has caused more sexual disease and sexually-oriented misbehavior than all the other erotic trash around.**]

Catholic walls were instituted to contribute to this program. The more beneficent some of these institutions, the more crime to be covered up in others. Zangwill says "Catholic Jewry was the solution."

The fundamental secret by which the real Jew saw the opportunity to one day possess the Earth was that of food demineralization, the effect of which, as a slowly dementing, demoralizing, devitalizing agent they had seen so dramatically illustrated in the destruction of Babylon. The accidental discovery of this principle was the key to the science of chemistry which became the gateway to the knowledge of other sciences—mathematics, physics, astronomy, medicine and the arts of brewing, extracting, making of explosives, etc.

Control of their debilitated masters during the destruction of Babylon, Greece, Rome and other civilizations, has led to a perfecting of the science of psychology, or mental control, to an extreme degree. Note the ease with which Gypsy fortune tellers have been able to rob their victims. (Merely by concentrating the attention of the victim elsewhere.) Egyptians gave the Jews clues to sciences and arts that perhaps account for some of the "inventions" of the last hundred years. Stories in Ezekiel reveal the synagogue as a place of chemical experiment. Greek books against the Gentiles make up the Bible. Part of the teachings of Jesus, (whoever he was) were taken from the Bible during comparatively recent times and put into the Koran (Turkish Bible). [H: Sorry about that!]

The books, Isaiah, Jeremiah, Zacariah, and some other books of the Bible are merely war communications written in code. One of the keys comes through the knowledge of food devitalization, one through Eugenics, and one through the statement made directly and by various undercover suggestions that "black is white", meaning "Read by opposites". Past tense is used for future, Jew for Gentile, etc. For example: Isaiah, "I will loose the loins (penetrate the abdomen) of kings, to open (close) before him (in front of the male) the two-leaved gates (the bi-lateral vases), and the gates shall not be shut (will not open again)"--the vasoligature, sterilizing operation. This operation can be done while the victim is fully conscious without his knowledge, under the pretense of nerve testing, or other body manipulation, and except in rare cases without arousing suspicion.

The term, BLACK OXEN (name of a book on sterilization), is an example of this method of the use of words of opposite meaning. Seven different subjects (as our friend stated) are treated in the same text. It cannot be read consecutively, but must be studied by subjects.

THE BIBLE WAR PROGRAM IN ACTION

READ AND WEEP

The Bible war program was re-adopted in convention assembled--The Basel Congress in 1897.

Isaiah provides for the exchange of children placing Jewish children in homes of power with a mark for identification. The story of Moses taken into the royal house of Egypt is a SYMBOL of the method to be used for this purpose. Zangwill leads us to believe that Jews have been so placed into the royal families of Europe.

The seduction of kings by beautiful Jewish women, as per Esther, and Judith (of the Apocrypha) is a symbol of methods of closing the mouths of the ruling classes. Make them guilty (and use blackmail). To the largest extent possible the "upper classes" in America have been drawn into the Eugenic Program and into graft for this purpose. The most illogical reasoning has been used. Cripples—victims of the X-ray, have been exhibited as results of inheritance from the moron (persons classed as a grade of intelligence above the

feeble-minded), to secure sanction for asexualization. End 107

We have been taught that the Jews are descendants of Abraham and his aged wife, Sarah. Jewish Encyclopedia shows this to be fiction. It states that Sarah's children were adopted, that she filled her house with adopted children. It next gives a dissertation on illicit relations and illicit children of Sarah--merely a hint that illicit children may be used. The idea that Sarah was "very fair" indicates white children.

There is a statement that "Jews do not like to be called Hebrews." I look up the meaning of the word and find, "Descendants of the Ass". Here is given a list of stem syllables that mean Jew—"As", "Is", "Ieu", "eu", and "ew". (The milk of the ass and of the cow, or issi, being used to feed the adopted waifs, they were called the children of As and Is). There is also the statement that "Jew is a war term," and we see that this term is to apply to those, and those ONLY, at war with the Gentiles.

Under the heading of "Islam" is the following: "The state law of Islam has accordingly divided the world into two categories—the territory of Islam and the territory of war, i.e., the territory against which it is the duty of the faithful to lead the community in the "Jihad"—religious war. (Perhaps religious controversy to divide the ranks of the people.)

From a statement that there is a BIBLE that is all capital letters, I take the hint to look up capitalized words, from which I traced a number of noted Jews to Gentile Ancestry, others to Jael, which might be spelled Jail, seen to be a hint to use prisoners. A reference from here leads to a description of a vast cave where a large number of persons were stated to have been hidden. From here a reference led me to the LAW, and other gateways to a monstrous underworld of crime that should be investigated by a stronger force than our little band could muster.

It seems that Jews, (real or adopted), or criminals in their power, are, in some degree at least, **in control of the prisons, reform schools, homes for the insane and feeble-minded, etc.,** and that they use these in various ways in their war. Criminals are saved from punishment to serve their rescuers. **Even executed men are sometimes resuscitated to become the loyal slaves of their benefactors and deadly enemies to their own governments.** End of 108

A case that seems to come under the above category is that of a Jewish woman in San Francisco, who has charge of the delinquent boys of that city. A large part of her work is the finding of jobs for the boys finishing her school. Her influence in finding jobs is known to be far-reaching.

FEAR is instilled into the minds of these young boys, and their resistance diminished by the feeding of the white bread, macaroni, rice and demineralized stew. If a boy refuses to eat his plateful he is given a double portion and is forced to eat the whole. One boy was whipped mercilessly in the presence of teachers and pupils assembled at the lunch table for buying ten cents worth of peanuts with the excuse that he owed ten cents at school for lunches. **(The boy was unconsciously trying to save his life against the acid-producing food.)**

This woman has it in her power to place the boys in positions of trust on parole and while still legally under her supervision. Raised as they are in deadly fear, they have no way of knowing when or whether her supervision ends.

The City Manager Plan of Government of the cities, obtained through much

newspaper propaganda, and the scheme of bringing in persons unknown to the communities to act as chiefs of police, school superintendents [H: JUDGES!], etc., are adapted to the needs of this criminal underworld government. It would seem that our experience with saloon-managed politics would have warned us against such schemes. Only national loss of memory can explain such lack of foresight. A boy from reform school, an outcast woman, or a doctor who had made a serious mistake in practice, placed in a responsible and lucrative position **would be compelled to obey the mandates of his benefactors or have his past exposed.**

Our systems of incarcerating large numbers of persons for any reason will be seen to be too dangerous to be continued. The criminal, delinquent, deaf, blind, insane, and all other public wards should be cared for **in their own communities**, where in most cases they can earn their keep instead of being an expense, and where society can protect itself from having these persons used by enemy. End of 109

The Bible provides for the training of prisoners to fight their own people (See Isaiah). There is evidence that this part of the war program is also being re-enacted. The release of the prisoners contributed to the terrors of the French Revolution and the "Commune of 1871". The severity with which we have been led to treat Mooney, Sacco, Vanzetti and others, has been to harden prisoners and their friends against the ruling classes.

With this explanation and deviation, I shall continue using the word "jew" as it is used in Jewish Literature, except where it is necessary for clearness or justice to use the terms "real Jew" and "adopted Jew".

ROME WAS DESTROYED BY THE JEWS

THROUGH DEMINERALIZED BREAD

AND OTHER MEANS OF SECRET WARFARE

In Jewish Encyclopaedia under the heading "Bread", I found the statement, "White bread reduces the feces, (causes constipation) and feeds the brain." We find that this means "starves the brain" for it is stated both directly and indirectly that "black is white" (read by opposites). **Twelve elements proven to be necessary to health and thought are removed from the grain with removal of bran.**

A reference given leads to the statement, "**The tree of knowledge Adam ate from, was wheat.**" Being referred again, we find, "The flour in ancient times was fine or coarse as it fell from the mill, from which a finer flour was separated by a hair sieve. The idea that the flour used for the sacrifice was different from that in general use is not warranted." But another reference leads to a statement that shows that the flour used for the sacrifice was different from that in general use, for fine flour is designated, and it is shown distinctly **that "sacrifice" means that which is given for charity.** There is the command: "If thine enemy hunger give him bread, i.e., the bread of the law." A reference from here leads to "Cookery" and a line of recipes which any food scientist would know were not intended to promote health. From which we find that "bread of the law" is not health bread. "Scraps" is mentioned.

Tracing references through "**Hadrian**", "**Rome**", "**Nero**", "**bath**" and "**charity**" we become certain that Rome was led to her fall by a secret enemy and that demineralized food, poisons, and the hot bath were instruments in her fall. **The dole given at the breakdown of Roman finance was not a free distribution of grain as we had been taught, but was demineralized bread and other devitalized food similar to that which is being given today in bread lines and soup kitchens in America.**

Through the manipulation of finance, and beginning as in America with the lowest stratum of society, the people are brought, **stratum by stratum, to the acceptance of charity.** The needy were forced to eat devitalized food. Bread, their staff of life through the ages, was the chief article consumed. Plague, diabetes, influenza, cancer, rheumatism, sinusitis, dropsy, abnormalities, feeble-mindedness, and selfishness have followed in the wake of **"improved flour mills and the rice polishing machinery in Asia, Europe and America.** **The people become feeble minded,** which accounts for the terrible cruelties of the latter Roman period.

Passages from the Bible and hints from the *Jewish Encyclopedia* indicate that Jesus of Nazareth was trying to stop the plague that finally destroyed Rome, and that this was the reason for his execution. Zangwill says: "He was hindering the success of our war." **[H: You will also, however, note that his name was not Jesus but Esu Emmanuel regardless of what he was doing at the time. Saul of Tarsus staged the name-switch after Esu was GONE from the area. I don't even want to get into the run-around over his perceived "death" or exile in this writing.]** Theosophist literature says that Jesus was a physician who had obtained knowledge from inscriptions in Egypt which caused him to teach the Jewish secrets of healing to all. End of page 111.

CATACOMBS; INSTRUMENTS IN THE DESTRUCTION OF ROME

Zangwill shows that the **Jews were in power in Rome** to a greater extent than the Romans realized, in *Dreamers of the Ghetto*, he says of the CATACOMBS that "They were at first hiding places for the Jews by day," but that after a time **"The Jews came out, and the others went in."** In this connection he refers to lime as an agent for bringing the "millennium" (explained as the time when the Jews shall set up a world Kingdom). We find an explanation of this use of "lime" in a book, *Innocents Abroad* by Mark Twain. This tells of a trip by the author through the Catacombs of Rome, and refers to the strange custom of the Romans of burying their dead under the city and stacking the bones - leg bones in one pile, skulls in another, feet in another, etc., and pictures the scramble that must ensue when the last trumpet shall sound and murdered Romans, or of Victims of the plague, the bodies begin to assemble themselves. **These bones, carried there to conceal how many were dying of the plague.** Quicklime is used to decompose the dead bodies. Hadrian, Ruler of Rome, issued a decree against Jews burying Gentiles. There may have been methods of murdering wholesale and hiding the bodies under the city. There is evidence of

underground work in some of our cities today. In her *Commune of 1871*, Eleanor Marx speaks of the feeble-mindedness of the people never to have inquired from whence came these skeletons.

The California laws for the government of State homes for the feeble-minded give room for wholesale murder or asexualization of normal citizens. "Other persons" (than the ones rightfully belonging) "may be admitted when there is accommodation." Inmates may be transferred, or dismissed and recommitted without authority outside the institution. **There is no authority that has the legal right to even inquire the names of the inmates.** Special laws exempt these institutions from inspection, investigation or interference, either with the inmates, employees, officers or property of the institution, by the State Board of Lunacy, the only agency provided for the supervision of these institutions. Therefore, while supported by the state at great expense, they are in reality private institutions that may, and do, asexualize the inmates without the necessary authority—112 ends - from outside the institution. **Popenoe, head of asexualization in California, states in the official report of 1927 (printed in *SOCIAL HYGIENE*)** that there are a large number in the homes for feeble-minded who are of average intellect, but he says, "None leave without sterilization," for he says, "Feeble-minded-ness is not a biological concept. It is a social concept." He represents that for purposes of the state **those who cannot make a living are feeble-minded. Under present management, as was the case in Rome, most of the citizens are of this class.** (Eleanor Marx in *THE HISTORY OF THE COMMUNE OF 1871* refers to institutions for the insane as being hot-beds of crime.)

[H: Let us take John Schroepfer as a good example, from here.

His wife and her son wanted to GET RID OF HIM. He had tended her hand and false-invalid foot for so long that he was failing mentally—FROM BAD DIET, NO MORE AND NO LESS, A PRIME EXAMPLE. The point is that they were able to cause him to be honked on the head, rendering him, not to their wishes, dead—but unconscious. Then he ended up in hospital and then they gained CONSERVATORSHIP over him and with cooperation of a DOCTOR put him in an ALZHEIMER'S center. The diagnosis WAS NOT EVEN ALZHEIMER'S. There he was kept prisoner. He, in the beginning, pleaded with his friends for vitamins and when these were supplied HE IMMEDIATELY BECAME BETTER AND VISITORS WERE EXCLUDED 100 PERCENT. JOHN WAS PLACED IN ISOLATION AND THEN SECRETLY MOVED HALF A STATE DISTANT. HE FINALLY HAD TO LITERALLY "BREAKOUT" IN ONE OF HIS MORE LUCID MOMENTS AND "RUN AWAY" JUST AS PLANS WERE APPARENTLY MADE BY THE "MANAGERS" TO TAKE HIM AWAY PERMANENTLY.

John literally got out on the same day as an elaborate plan was put into action which would have cost him freedom FOREVER, less than half an hour later. At the "home" involved, the "visitor" coming for John was identified as his "younger brother" but appears to have been possibly his "son". John said he got out and then got away and hitch-hiked his way to what he thought would be home. He tried to reach his nephew using a gifted coin. He was found with nothing except the very clothes on his back, no identification, no nothing. Total strangers had picked him up, 113 fed him and gave him phone money. **IS THIS EVIL? YOU BE THE JUDGE! WHO WAS BEHIND THE PLAN? ELEANOR (THE WIFE) SAID "GEORGE GREEN" (???)**. It is too long a story for this minute—however—with supplements and **GOOD DIET WITH LOTS OF WHOLE GRAIN SPELT—JOHN IS**

RECOVERED TO SUFFICIENTLY REMEMBER ALL THE DIRTY-DEEDS AND THE PLAYER !!]

The White Race, mentally debilitated (because living of on food robbed of materials necessary to thought), are keeping no account of individuals. They do not know what may be happening to the thousands who are being enticed from their homes by **too interesting geography teaching, by real estate campaigns, and by information of free foods in missions and free rides on the railroads.**

CONTROL OF THE FOOD SUPPLIES

Through the **money system**, which the **Jews invented** and have always **controlled**, they are able to dominate American food markets, milling industries, and even the restaurants. One Gentile "manager" of five hundred California restaurants admits that he has not the right to change a single menu. Acid-producing food forms the larger part of these menus. Oils, starches and sugar are served in every possible way. Even when whole rice, or whole grain or bran bread are advertised they can rarely be obtained. They are "out". Vegetables and fruits are priced unnecessarily high. The foods are overcooked. That the stubborn resistance of restaurants, hospitals, and newspapers to facts discovered concerning food is not for profit but is the work of an enemy is shown by the many, and evidently expensive, articles in newspapers and magazines to mislead the people and turn their attention from food devitalization.

Charity headquarters in California are in nearly every instance in the hands of Jews. The funds of mentally starved millionaires given for asexualization of the "unfit" is in the same hands and known as "charity". **Money given to the Community Chest for the relief of unemployed men has been, in some cases at least, used to found birth-control clinics,** for the purchase of Christmas dolls, for street decoration, Christmas trees, and for the hiring of foreigners to cook for the few men fed upon old refuse of the bakeries and grocers. **Every effort to give fresh whole natural food as charity has been obstructed.** End of 114.

The people were told not to feed the needy at their doors but to send the cases to the Community Chest. Single men applying were told, "We help only men with families." Married men applying were told, "We care for families on condition that the man gets out and hunts a job." Women with families were told, "We help a woman provided she works and helps to earn the living, (thus displacing the men)." Charities in the small towns have said, "We only care for our own." Farming communities have been urged through the newspapers to "keep the work for home labor". The State-supported employment agency in San Jose, Calif., telephoned for local men to take jobs while hundreds of "drifters" waited expectantly for work. Women have been hired to pass out the propaganda that any man can get a job who wants it. Soldiers' wives in Berkeley, Calif., were told that unless they, the wives, held jobs, their husbands would not receive their Soldiers' compensation. These and many other acts prove that present unemployment is war. The fact that white men are the ones chiefly affected shows that it is war on the whites. That some of the dark people among the unemployed are paid spies can be easily ascertained.

[H: Now, look at how things have changed between the late 1920s and 1930s and NOW. You can't get help UNLESS you stay unemployed and the majority are dark-skinned receivers. However, as you read this material NOTE THAT ITS TIMING IS AT THE ONSET OF THE "CRASH" IN THE MARKET AND THE "GREAT

DEPRESSION". DO YOU SEE HOW EASY IT IS TO ACTUALLY ORGANIZE THESE SCOURGES?]

The frightful increase in the number and size of hospitals, infirmaries, homes for cripples, tubercular homes, homes for the blind, for the feeble-minded, for the insane, of graveyards, crematories, and the increased demand for flowers for funerals, speak of the stage to which the plague has already developed.

The information that has been given us during the last twenty-five years, that the span of life is increasing and that new discoveries of science are improving health, are the misleading of the enemy and - 115 - are by no means true. In his book, SCIENCE OF EATING, Alfred McCann, ex-U.S. food expert, shows that as early as 1912 large numbers of persons supposed to be in perfect health--nurses, doctors and laborers, tested perilously near the limit of acid toleration.

That this mis-information concerning health is being actively distributed is proved by the vehemence with which inexperienced nurses and young boys working in the clinics protest that the health of the country was never before so excellent.

WRITTEN ON THE WALLS

In *Dreamers of the Ghetto*, I read:

"It works, Huldah, the idea works. I shall live to see it."

Answer: "But won't the heathen find out the program, if you translate the book to English?"

"If they were shut within an enclosure, and it were written on the walls, the fools wouldn't read it." [H: Ah-hummmn???

The "IDEA" being discussed was "RACE IMPROVEMENT", as a means of bringing the "millennium". Such expressions as "Controlled evolution will give the world to the Jews," and "**The human race will be improved when it is all Jew,**" make sure the meaning. Reading further, I come upon an account of a convention of "delegates from the twelve allied tribes—and two other tribes, and from every important country of the world—doctors, scientists, bankers, railroad magnates, and many other millionaires". "Each had thrown off his chameleon characteristics, and become, for the time, all Jew"--who swore with solemn oath that Judah shall rule and occupy the Earth... and formed a government, adopted a flag (the lion rampant on a shield, with twelve stars for the twelve tribes) and a war program--the general order was to proceed along the lines of prophecy, and to repeat history. Many expressions of this congress were highly treasonous to the countries from which these delegates had come. End of p. 116

The outstanding purpose of the convention was to form a government for the Jews returning to Palestine, but the President acknowledged that Palestine was but an afterthought, AND THAT AMERICA WAS NEARER CORRECT AS A NATIONAL HOME FOR THE JEWS.

Some of the other expressions of the president were:

"Let them stay in their cozy nests. Palestine is all the land on both sides of the River Jordan, so far as Jews inhabit." [II: The current Israeli flag indicates that entire land mass—and we do mean "mass", not just little designated "Israel". Remember, it would be over a

quarter of a century and a world war later before the United Nations pronounced Israel a nation out of Palestine.]

"We have to proceed along the lines of prophecy in order to keep the help of the Saturdayites" (Gentiles who are unwittingly helping to bring the Jews into power).

"It were well to appoint a forty years wandering in the wilderness to organize or kill off the rabble." (This "wandering in the wilderness" is explained in the *Jewish Encyclopedia* as CODE for mental darkness—the natural result of demineralized food.)

"Judah has nothing to say to the mob, either Jew or Gentile, but will speak to kings in their palaces and prime ministers in their cabinets."

Zangwill says:

"The Shofar was sounded connecting this convention with that one far-off divine event, toward which the whole of creation moves," and the Jews formally announced themselves the rulers of the world and the Jewish government the supreme being. Said the president: "It has been prophesied that the Messiah will be born on the 29th of August. Today is the Messiah born --THE CONGRESS." **[H: HOW DO LIKE "THEM APPLES"?)** End of p 117

INVASION

THAT AMERICA IS A CHIEF OBJECTIVE AND IS BEING INVADED IS SHOWN BY THE FOLLOWING: (See, *Voice of Jerusalem*, page 276) "The Ito has even tested the point by opening out of a new immigration area via Galveston. Within a few years ten thousand souls were settled in a territory they had never heard of."

And page 305: "The latest statistics show 37,000 Jews arriving in New York,, departing to join their relatives in the West. It would thus seem that the Galveston work was more successful than one would have imagined, and that exactly as designed, the 10,000 souls planted in the West are now operating to attract immigration."

Zangwill several times refers to "World Fairs", such as the Chicago, San Francisco, St. Louis Exhibitions, as "Millennial Exhibitions". (They open the gate for foreigners). The Marathon races to be held in California in 1932 are to be "Millennial" in character. "Messengers" have been prophesying that in 1932 God would hand over the U.S. government TO THE JEWS, and have been urging the "faithful" to cooperate to bring about a fulfillment of his plans. (Zangwill gives the date as 1934). **[H: Well, it goes right along with the Federal Reserve Act, the State of Emergency and martial law which has existed in the U.S. since 1932-33 and all of the other movements away from the CONSTITUTION. YOU just didn't seem to take notice.]**

The Newspapers have been reminding us that the present period is strangely like the Fall of Rome. **[H: Well, you've passed "that one" and now have achieved the strange appearance of Sodom and Gomorrah!]**

Of the destruction of Rome, Zangwill says: (*Voice of Jerusalem*, p. 230) "The fight with Rome was for the hemogeny (control) of the world. A fight inspired by two centuries

of Apocalyptic teaching... The Jews presumed to put it to the test of the sword. They sought to force the coming of the Kingdom of God on Earth. End of page 118

"Judas Macebeaus had beaten back the gods of Greece... why should the gods of Rome be more powerful?"

"Already the 'chosen' people had seen the passing of the empires of Egypt, Babylonia, Chaldea, Persia and Greece... the legend was of the conquering Jehovah—not the conquering Jew. His devotees were to be found increasing among the heathen. Why should he not be given the occasion for again manifesting his material might? Why should not Rome fade and pass like others?"

Also, The Jew is not satisfied to record the crimes of Christendom. He is out for victory. He will overrun the Earth. The face of Israel will shine with power when the name of Europe will be difficult to remember." He quotes Exodus 23, 29-30: I will not drive them out before thee in one Year, lest the beasts of the field multiply against thee. By little and little will I drive them out before thee till thou be increased and inherit the land," and exclaims, "What an admission that the possession of Canaan came about by natural means."

It is evident that "Canaan" is used as a symbol for America, for it had just been stated that America was the suitable place for founding a Jewish national home. Zangwill also refers to Judges in the Bible where it is found that the Canaanites were put to tribute and to the Bible concordance which states that the Canaanites were given tasks, that is, were enslaved. So this is what is planned for Americans.

Tracing the term "Armageddon" (often used by Zangwill) we arrive at the above passage in Judges which says that we are to be slaves. Various statements show that "Armageddon" is the present war of unemployment and starvation.

In America, as in Falling Rome, unemployment has been brought about by "natural means".

Throughout manipulation of finance the Roman farmer has been prevented from cultivating the land. When the enemy could not entirely destroy the farmer otherwise, they began to give food away in the cities. The farmer could not longer sell, and was obliged to abandon the land, join the ranks of the unemployed, and accept the "dole". This is shown by *Jewish Encyclopedia* to have been demineralized bread, and not a free distribution of grain as we have been taught in our histories. With the farmers undone, the whole population was soon at the mercy of the enemy. Those accepting the dole were openly given inferior food, as in the case in America today. The result was plague.

At the Basel Congress the president said, "Jews repeat history. ALWAYS REPEAT, AND HE PROCEEDS TO RECITE THE HISTORY TO BE REPEATED. FOR ONE THING THE JEWS GOT ALL THE MONEY.

History is being repeated in regard to the American farmer through competition with products of "state" institutions run at public expense but permitted to sell in the open market [H: Gosh, TODAY makes 1929 look like paradise for farmers and consumers doesn't it?]; through products of Southern Pacific and other "company"-owned land and

through imports from islands where it is warm and foods can be produced more cheaply than in America. Bananas are being permitted to displace American-raised apples. Sugar and candy displaces fruit to a very large extent. The markets are being manipulated for the express PURPOSE of making war on the American Farmer. Fruits are held in the market at unnecessarily high prices and are destroyed rather than reduce the price, while candy is made so cheap that it is hard to see where there can be any profit in it. At some of the factories, candy is given away by the box to all who ask for it. [H: Not today, however, for all they had to do was wait for the addictions to take over.] (More for its direct effect upon the consumer than as an instrument of war against the farmer.)

The people have become so mentally helpless through food robbery that they allow the penitentiaries to displace free labor. How should we hope to escape slavery?

We have also permitted foreign-controlled corporations to displace American business men. When a few of our people (led however by the enemy) have tried to check this movement and correct the deficiencies of government, the enemy have reported them – 120 - as "Reds". When we shall at last see our mistake, we are expected to all join the "Reds", and bring the enemy into power by popular vote.

Zangwill refers to "The vast new Arabic kingdom which is being set up simultaneously," which shows that the "End of the World" movement is not confined to America. Europe, China, Japan and India are also victims.

How this vast movement can be managed from one head is shown by the bit of history related in *Jewish Encyclopedia*, and by Zangwill.

[END QUOTING OF PART 5)

TRACING DOWN THE KILLER- PART 6: ,
FOOD_SECRETS AND OTHER SECRET WARFRONTS

By Bonne L. Fisher (Circa 1929)

[QUOTING;]

THE MESSIAH OF 1665

Zangwill says, "About 1665, one Sabbatai Zevi (a Jew) thought he was the Messiah. He was supported in this by scientists who performed seeming miracles, making it appear the work of Zevi. Jews gathered from all over the world. He divided the world up among his followers, who actually departed to their appointed missions (to become "merchant princes" and other agents as Zevi should direct). Zevi was then captured by the Turks and separated from his supporters. Then he discovered he had not divine power. He turned Mohammedan to save his life. This confused his followers and many of them turned Mohammedan."

The *Jewish Encyclopedia* says that the scriptures upon which Sabbatai based his beliefs were forgeries, as proved by the fact that mention was made therein of the Crusades and other happenings of more recent date, and that Sabbatai turned Christian. It reveals also that part of the teaching of Christ was borrowed and put into the Koran.

Under "Anam" there is mention of a reformer, evidently Zevi, who was captured by the Turks and forced to write according to the dictates of the Sultan.

Under another heading it is stated that Sabbatai was bribed to write at the dictates of the Sultan. Also that Sabbatai went with certain followers to Salonica, and that from Salonica the first "Elijah" edition of the *Bible* appeared in Hebrew in 1743. And it states that "the Apocalypse was furnished with the edition mentioned above, in order to make the prophecies appear to accord with the changed times and conditions." (See Apocalypse). No doubt other religious literature has come from the *same* source. End of page 124

We see that Sabbatai Zevi was set at the head of an organization, the members of which were distributed about the world, and *then* this Zevi was brought into the presence and power of the Sultan of Turkey while he was yet in control of this organization. It is clear that he wrote the "Elijah" edition of the *Bible* under the direction of the Sultan.

The *Jewish Encyclopedia* states that in the days of the "millennium" a false Messiah shall first rule, then the true Messiah, i.e., the adopted Jews shall win the world, then being as ignorant of the real enemy as the Gentiles, and having only religious food rites instead of scientific food knowledge, they too, can be displaced. Zangwill's statement, "The world darkens the face of the Jew," shows for whom the white Jew is making war.

CONFEDERACY

A "confederacy" of the Jews with ancient Gentile rulers is revealed in *Maccabees* of the Catholic *Bible*, in which the rulers promise to *give no grain to enemies of the Jews*.

An example of Jewish "confederacy", sometimes translated "conspiracy" is given in "*Esther*" of the *Bible* and "*Judith*" of the *Apocrypha*. **The Jews represent themselves as a down-trodden class, persecuted by the ignorant masses.** They ingratiate themselves into the favor of Kings or ruling classes, and influence them to misrule; then through the activity of spies they obtain evidence of dissatisfaction with this misrule, which evidence they report to the rulers, arousing fear of the masses. From this advantage they widen the cleavage between the classes by accentuating the short-comings of the masses with evil suggestions of their unfitness.

The tendency of people upon a re-alignment into classes is to make the difference seem as great as possible. Fear and contempt for the masses is associated with the cruder, coarser material of their living. To be different, the upper classes resort to a higher degree of artificiality, which, in the case of the food, undermines them, making them mentally unfit. Meanwhile, as at present, "science" and finance effect an alignment through **fraternities and dubs** of those with a growing feeling of superiority on account of culture and 125 wealth. In their meetings these people dare to discuss with our ancient enemies problems of their lower classes and even the asexualization of the "Unfit". **Vows are taken, and contracts signed while these "superiors" are mentally debauched from the devitalized banquet** and are scarcely conscious what they do—at least not remembering or connecting the salient facts of history. They are abnormally imprudent in their positions of trust. Zangwill says, significantly, in this relation, "The worst thing that can happen to a nation is conspiracy." [H: Well, it has certainly been the worst thing SO FAR, for all the nations.]

THE EUGENIC PROGRAM

Before 1912, highly paid speakers began to appear at teacher's institutes and doctors' and lawyers' conventions bringing "scientific" ideas that turned upside down all our traditions.

It was represented that Burbank had produced a new species of daisy by artificial selection. The probability that the ancestor grew in last year's cow dung was ignored. The Shasta daisy was declared to have been produced by saving the finer, and destroying the poorer, individuals. The "upper classes", fat, stupid, and suggestible, from deficiency of iodine, manganese, phosphorus, etc., filched from their refined food, accepted the idea, and "elimination of the unfit" *received* their sanction. (See *Problems in Eugenics*.)

In 1912, July 24-30, there was held in the University of London, THE FIRST INTERNATIONAL CONGRESS OF EUGENICS.

It was proposed in this convention to clean up the slums and wipe out poverty by the asexualization of those unable to make a living for themselves. The acceptance of charity, even to free milk at school, was declared to place an individual in the class not desirable for parenthood. Unsigned articles in the appendix to the reports of the convention discuss methods of "sterilizing" human beings.

One speaker declared in this meeting that if account be taken of 100 lawyers, doctors, and teachers, and of an equal number of farmers, ditch-diggers and boot-blacks; that in just 22 years the former – 126 – and their progeny will be about half and their descendants: and that, "genetically speaking to save their skins". The upper classes must control the procreation of the lower classes. (This is to arouse Jealousy.)

One speaker declared that "High wages are not conducive to race Improvement, since they only permit the lower classes to breed their kind." Another declared that for children to help earn a living tends to make the families larger, and must be discontinued.

"Universal compulsory school attendance with compulsory medical supervision with a view to the elimination of the unfit," was advised. This is the reason for holding children in school nine or ten months per year, and not anxiety for their education. For simultaneously it is being taught that the purpose of the school is not so much development, as selection. (See CLASSIFICATION OF SCHOOL CHILDREN by Terman of Stanford University.)

One speaker objected that the "unfit" of the farming classes could not be reached by Eugenic methods, since these rarely go to the hospital. He was answered, "Some way will have to be devised for finding these and operating before they leave school. [H: Well, you've got it—it is called compulsory immunizations.] (See PROBLEMS IN EUGENICS, reports of this CONGRESS, and EUGENIC REFORM by Leonard Darwin.)

This is the chief reason for "reform schools and other pretences at salvaging the deficient, the SOCIAL SERVICE and IMMUNIZATION are also answers to this demand. MANY AUTHORITIES STATE THAT STERILISATION CAN BE ACCOMPLISHED BY THE INJECTION OF A SERUM. THE DOCTORS AND SOCIAL SERVICE DO NOT KNOW WHAT THEY INJECT.

End of page 127

One speaker developed the idea that life has been too easy for the lower classes, and that unfit that should have died, have lived, thus increasing imbecility and feeble mindedness, and that in the interests of race improvement this must be reversed. It must be made impossible for these to breed their kind. The answer to this demand is the present

extensive unemployment of white men. People of other races are employed even to cook for the soup kitchens.

From the work of this "congress" and many similar "congresses", **an International agreement** has been entered into by the "scientists" of different countries according to the inability of the people to take certain mental tests and to make a living under difficult conditions. This is the meaning of the propaganda for keeping up to the standard of living, **This scheme of de-population is known as a "peace" measure. "Peace Congresses" of recent years are meetings to discuss peaceful elimination of the unfit.**

III: I suppose you NOW KNOW where in the world one "Jew" Judge Jason Brent (alias of Hyman Berkowitz) would come up with a PLAN for and through MENSA HIGH-IQ SOCIETY for just "killing off the old, infirm and stupid". He of course forgot one thing: he fits into almost all three categories.]

The unfairness of the above contract is apparent when we consider that the **Jews control Science**, that the **Jews warn their people against accepting charity**, (There's a curse on it) and that their scientists have mistaught food chemistry to American doctors and to the public through the medical colleges, text books, and the press, thereby leading our people to feed so as to reduce them **in** fitness. That the hospitals serve devitalized food has been the greatest obstacle to overcome in the teaching of correct diet. That it is given in the hospitals would seem to prove it correct.

The Eugenic Program constitutes the most dastardly of all the many conspiracies of the ruling classes with the Jews, against the common people.

GRAIN WITHHELD

That by some rite of secret society or other arrangement, there is an agreement which the Jews recognize as corresponding to the Ancient contract to withhold grain from "enemies of the Jews" as indicated by several incidents of recent date: A teacher in San Francisco was removed from her classes. She was offered reinstatement if she would "drop the health work". Again she was told that they 128 "could use her if she would forget the health training". **Her health teaching had been to carry wheat to school and get the children to taste it, and to explain the good value and cheapness of grain as food.**

"The people can eat something cheaper than wheat," said *a* superior physician in San Francisco whom I was trying to enlist in a campaign to warn the people against devitalized grain products, and he recited:

THE THEORY OF MALTHUS!

Malthus, being employed to write to order, (as were also Havelock, Ellis, Darwin, and some other "scientists") just after the French Revolution published a treatise on the subject, that since the Earth is just so large and cannot be increased in size, the time must come when the area for raising wheat cannot be increased, and that therefore it would be necessary at some time to limit the birth rate in order to prevent starvation.

This theory of Malthus seemed to the common people merely a foolish fancy, but **it was agitated among the ruling classes**, chronically hungry because of their refined diet, and it appealed to their subconscious hunger fear.

American doctors, ignorant of the possibilities of soil fertilization and the fact that practically the whole of the wheat crop is wasted by the removal of the bran, and led by suggestions of the enemy, have feared to advocate grain as food even after they have learned that it is a whole, complete ration. **Its potency for increasing the birth rate of the "lower classes" is perhaps one of their objections to its use.** *Jewish Encyclopedia* under "Mazza" gives a recipe for making bread with an extra portion of bran, and says, "Mazza is an antidote to Egyptian Slavery." **Its cheapness and consequent power to release slaves is perhaps another objection to whole grain as food.**

The theory of Malthus is given in *Current History*, (100 years of Birth Control) as the foundation of the idea of birth control. The passing out of information concerning contraceptive methods and asexualization, already secretly begun among the upper classes by 129 Jewish doctors, received impetus by the Malthusian Doctrine. Dr. House says in *MEDICAL BRIEF*, January, 1907, **"Five hundred thousand women of France were rendered sterile by the surgeon's knife during the fourteen years preceding 1900." And he adds, "These were of the best blood of France.** It was not possible that half this number could have needed an operation of any kind."

Theodore Roosevelt wrote a series of articles about 1912 warning of the decrease in the birth rate in America. [H: **But note that there is INCREASE in the illegitimate birth rates to enhance the welfare rolls. Those people are destined to be annihilated in other ways when the system stops feeding them and declares it time to wipe them out. They are needed to accomplish the goals as set forth by these Elite Controllers and it will be Hell on Earth when the designed plagues of untreatable disease descends upon them. Free sex and pay-for-children on welfare have dumbed-down two ENTIRE generations of poorer class people and the care of them has reduced the "middle-class" to total poverty as the daily jobs go away—and yet there will be no welfare system to attend those who actually paid for their own care all these years! Indeed, people, you have "very interesting" times ahead.)**

Controlled by subconscious hunger, fear and suggestion of the enemy, our own doctors become dangerous. **Demineralized food produces an insanity to destroy life.**

DARWINISM

Following the theory of Malthus, what is known as the theory of Darwin began to be advocated. This theory represents that only by the elimination of the unfit can race improvement be accomplished. Lamarck, discoverer of Evolution (100 years before Darwin), shows that life advances in perfection through adaptation, or experience—acquired knowledge. But this idea leads to the Divine right of the individual or democracy, so Lamarck was ignored by the Scientists. (See Bernard Shaw's *Back to Methuselah*.)

Darwin wrote letters protesting against the incorporating into his work of the very idea now known as "Darwinism"—that acquired characteristics are NOT inherited—and it was necessary to wait until 130 after his death before publishing this theory in his name. It is stated that "He was, however, accorded the honor of the discovery," and, "This principle was necessary to prove certain theories."

JEWISH PERSECUTION

Zangwill says **"The Jews have been the wealthy minority who have financed everything, even to their own persecutions—by way of the Crusades." He says of the Poles, "They could**

not even engineer a Pogrom without the help of the Jews," and then he proceeds to show that the pogroms have been for the purpose of forcing the masses of the Jews to stand together against the Gentiles.

Corporations headed by Jews use tactics similar to the above. Wherever opposition seems imminent **they start a war upon themselves, lead it, coiled money, and use it against the subscribers.** Many times have the Socialists been thus betrayed. Money collected to get justice for Tom Mooney has been used for directly opposite purposes.

A "Quitclaim" receipt has been found that proves conclusively that the Jews furnished the Pope of Rome the money with which to finance the wars of the Crusades against themselves.

(Invasion costs more in life and finance than defense.) During the three hundred years of these wars, the flower of European manhood was destroyed. **The tactics of the World War were so similar to those of the Crusades that many people remarked upon this similarity.** The atrocity stories of the World War, of the Crusades, and those of the *Apocrypha*, are easily recognized as coming from the same source.

In *THE WAR FOR THE WORLD*, Zangwill refers to the World War as "This latest war of Cross versus crescent," which means that Jews made the war. (That Jews, Turks, Saracens, Ottomans, Moors and Gypsies are the same--see Zangwill's works.) End of page 131

NEWS RESTRICTED

The capture of **CERTAIN PROTOCOLS** caused the Russians to cease participation in the World War. The censoring of the mails prevented the spread of this and other important news. **[H: PLEASE GO READ THAT AGAIN!!]**

Clemenceau, leader of the French armies having discovered that the war was not what he had supposed, tried to tell the people through the pages of a little book, *AU PIED DU SINAI*. He says: "The Semitic race has a program for the extermination of other **races and the peopling of the whole Earth with their own blood. Their zeal for this cause is such that in comparison with this nothing else matters at all. For this cause no sacrifice is too great, no suffering too terrible.** It is now too late to exterminate the Jew in order to rob him of his power for evil over the nation. **It is only the co-operation of the Gentile Nations that makes this power possible.**" Clemenceau advises that the nations make more equitable laws for their people (in relation to marriage, etc.) to give them a chance in competition with this race.

YHWH

I came upon the statement in *Jewish Encyclopedia* that "The Jews worship a god whose name is **YHWH**," and a line of reference that leads to the following statements: **[H: Forget getting angry at me for offering this—yes indeed, that is the SAME old friend you pronounce as YAHWEH. And all the while all you nice Christians thought you were worshiping GOD OF LIGHTED CREATION! SORRY ABOUT THAT, FRIENDS; THIS COMES RIGHT OUT OF THE JEWISH JEWISH ENCYCLOPEDIA!]**

"YHWH" is equivalent to "the name" as used in the scripture and is translated in the *Bible* "The Lord."

"The anointing of the king makes him YHWH."

YHWH is derived from the initial letters of "Yee Hah Wee Hah" (readily recognized as the bray of the ass). End of page 132

Reading the last statement above, I remembered the figures of the laughing ass as I had seen in show windows in San Francisco, worked by electricity. I had said to my family, "An enemy is laughing at us. The World War was part of the Joke." **[H: Keep in mind this was written in 1927-29 so the subject is WORLD WAR NUMBER ONE.]**

Tracing the next reference, sure enough, I came upon a crude outline, as if drawn by a child--of a laughing ass, with the statement that "the Jews have been accused of worshipping the ass," but that "The ass knows at least his master's crib," (hint of our food follies).

A reference given along with the above statement leads to a picture of an ass nailed to a cross. And I perceive that Gentiles as well as Jews are being accused of ass worship.

Under the above picture, the words "Israelite" and "Asraelitc" are used in close relation to show that they mean the same. Also, the statement that "The Jews do not like to be called Hebrews." I looked up "Hebrew" and find the definition "Descendants of the ass." Here is given a dissertation on the ass as a milk-giving animal and a reference that leads to the definition of "Israelite" as descendants of Isis. (Egyptian for "cow".)

I now see that I have been led this long chase after words to be told that the Hebrews, or Israelites, are adopted children of the Jews--orphans, babes nourished upon the milk of the cow and the ass. **[H: In other words, as usual, the Jews did-in and do-in the "Jewish Hebrews" FIRST!]**

Perhaps some of the Hebrews are descendants of Roman children whose mothers had died with the plague or become too feebleminded to care for them. "Stolen by the Gypsies" was a common phrase in Europe at one period. Perhaps these and children stolen in later days, have been brought up to think themselves Jews and to be used in the Bible War program.

"Who is a white man?" was recently said to me by a man who was evidently white, but who thought himself a half-breed. "I guess I AM A JEW. I was born of Jewish parents," said a blue-eyed, fair-haired girl in Los Angeles. Many of these are being used in the program in California. 133

Jewish Encyclopedia says "The ruler of Islam is the head of the Jewish Church." Also, "The State Law of Islam has accordingly divided the world into two categories—the territory of Islam and the territory of war."

[END QUOTING OF PART 6]

So we close another session. I believe we can finish the document in the next writing. I sincerely hope you pay close attention to these writings because your very existence and continuation depends upon what choices you are making NOW.

May you walk in ever-increasing LIGHT and INSIGHT as GOD OFFERS HIS TRUTH TO GUIDE YOU THROUGH THESE DAYS OF SEEMING INSANITY. There truly is no way,

WHAT CAN A NATION DO?

What can a nation do WHEN IT IS INVADED, not only in territory but in the bodies, minds and morals of its people?

WHEN THE PUBLIC VOICE IS THAT OF A DECOY of him who makes war with poisons, who "for leading gives misleading" and "confusion", who would "dash the heads of little ones against stones", who "loose the loins of kings", and when these have grieved for an heir has turned their jealousy against those of their race not yet in power? WHO ENGINEERS TO BREAK THE STAFF OF LIFE, and when we as little children at the feet of father Science have asked for correct bread, he has given--corroding acid? WHO THROUGH THE CHURCH GIVES ORDERS THAT IT WAS GOD'S WILL that we take the African slaves and teach them the word of God, "Sold to do mischief" (to cover invasion)? WHO BRINGS FROM THE PAST A PROGRAM OF SAVAGE WARFARE and in stealth executes this to destroy popular government and to found in its stead a **world kingdom [H: "Ding-dum" would far better describe the circumstance as in "ding-(bats) and dumb-(dumb).]** under his long-lived tyranny to be peopled at last from his own harem.

"WE ARE IN WAR. WE ARE IN THE HANDS OF OUR ENEMIES. WE ARE WANDERERS IN THE WILDERNESS ON THE BRINK OF THE RIVER OBLIVION. WE ARE IN THE GRIP OF THE PLAGUE!" End of page 136

"WELL, WHAT ARE YOU GOING TO DO ABOUT IT?" asked one of them when pronounced guilty at the trial of the Sugar Corporation.

There is **much which might be done to prevent a repetition of the fall of Rome, the crimes of the arena and the reign of Nero, if we could but concentrate OUR DEPLETED MENTAL RESERVES UPON THE MATTER OF SAVING OURSELVES, OUR NEIGHBORS AND OUR RACE.**

THE DESTROYER, TO SAVE HIS FACE TO HIS OWN PEOPLE, PRETENDING TO HAVE GIVEN US A CHANCE, HAS GIVEN OUT WORD THROUGH THE 'SECRET DOCTRINE' (THEOSOPHIST) THAT "UNLESS THEY GO OUT AND BRING IN THEIR OUTCASTS INTO THEIR OWN HOMES AND CHURCHES AND SAVE THEM, THEY SHALL NOT BE SAVED," and he says (too long to quote) that this is the Judgement Day, and in this way shall it be determined whether as a race we are fit to survive.

Disregarding the threat, this is our only chance.

We could warm, feed and shelter every human being in the world in the churches and schools, each race to itself.

FRESHLY GROUND GRAIN IS A COMPLETE HUMAN RATION. The **UNBROKEN staff of life is our cheapest, simplest, most nourishing food. We have it in greatest abundance. We could make of our schools and churches, colleges of scientific feeding, by serving all who would come (not the employed alone) freshly ground whole grain bread with one raw fruit or vegetable. We could add if we chose—but elaboration *would* cloud the issue. Bread and one other natural food at a time is "abundant".**

The five or ten cents a meal that many would pay to be cured of consumption, diabetes, cancer or to prepare for a natural birth, would *feed all that* might come. Here the young might get some real knowledge of life as they should watch the pallor pass out of the cheeks marked

for death. End of page 137

With the churches opened to the care of the unemployed, we could give clean reading. *Not* religion but *true life* literature. There is such. With proper food and proper reading the crime wave would subside in a month. The churches must compensate for the harm they have done in concentrating the attention of the people away from the problems of life while the enemy filched them of their possessions. Otherwise, we, like Russia, may destroy them with their own hands. Church buildings and organizations **should be purged of the enemy influence and be made to serve the purposes of life.** **[H: Too late! You will now have to have little "pods" and then secret away your supplies, mostly in places remote or scattered so the "strippers" *don't* have across. Always leave some storage of things to be taken. It is time to again consider "building methods", "insulation methods" in new buildings and get those plans on the board. A lot can be done with no funds if ones who wish to participate later are willing to produce now.]**

But "a part of the truth will not save us." The war is a literal reenacting of the Biblical War Program, and there are TEN WAR FRONTS (symbolized by the "ten horned beast") any one of which would destroy a people.

We must look to our gates that the floods of invasion be checked.

We must call off "**millennial**" sports that would subject our shores to the hoards of the enemy. **[H: Boy, it is REALLY too late *for this one.*]**

We must close the mills that devitalize the grain, or run them with management and labor of undoubted loyalty. They must grind but one week's supply in advance. The germ, most vital part, spoils in a week after the grain is ground. (Report of U.S. Food Experts.) **[H: Also too late for this one until AFTER the collapse and then you won't have funds to attend it.]**

WE MUST FREE THE PRISONERS AND NOT LEAVE THIS TO THE ENEMY. We must restore them with the life-giving vitamins of the grain and with our sympathy. They have died by the hundreds in their efforts to warn us that the enemy is fortifying against us with their labor. End of 138

WE MUST SEEK OUT EACH CREVICE WHERE MAY BE STORED INSTRUMENTS OF DESTRUCTION--UNDERGROUND WAYS THAT LEAD FROM BANK TO HOME FOR "INTERNATIONALS". Doors to underground warehouses, basements to homes of cooperatives—Yosemite, Hechkethy. WE MIGHT FIND THAT ELEANOR MARX CALLS US FOOLS FOR NOT *FINDING*.

We must give each race that deserves it at our hands a home of its own, and engineer exchanges that loyal people, though of mixed blood from whatever part of the world, may return to the protection of our flag. Those who prefer to live in other lands to abide by the law of that land, that our land may be free **from foreign entanglements.**

The taking of slaves and the gaining of foreign dominion by America have been *tricks* of the enemy. ZANGWILL AND THE *JEWISH ENCYCLOPEDIA* SHOW THAT THE CHIEF SLAVE DEALERS HAVE BEEN SEMITES. THE PEOPLE OF THE SOUTHERN STATES WERE TOLD BY THE CHURCH THAT IT WAS THE WILL OF GOD THAT THEY TAKE THE SLAVES AND TEACH THEM THE *BIBLE* AND CIVILIZE THEM. WE WERE TOLD THAT IT WAS A MERCY FOR AMERICA TO CONTROL THE PHILIPPINES AND CUBA, TO PROTECT THEM FROM THE CRUEL SPANIARD.

WE WERE FOOLISH AND SUGGESTIBLE FROM THE USE OF DEMINERALIZED FOOD AND HAD NO MEANS FOR KNOWING THAT A WHOLE RACE HAD FOR ITS CHIEFEST PURPOSE OUR UNDOING. WE MUST UNDO THESE WRONGS BY GIVING THE NEGROES A HOME AND THE ISLANDS THEIR FREEDOM. Other races would prefer homes in their own lands. The nations can compromise upon the division of wealth and send the people of each race to homes in their own lands. Each nation must be supreme in authority in its own land. If this work is inconvenience to rich Internationalists, it is not more than others are having to suffer by present arrangements.

THE MONEY SYSTEM CAN BE CHANGED AND TAKE THIS MAJOR POWER FROM THE HANDS OF THE ENEMY. Loyal script could serve an emergency as it has many times served. End of 139

For instance, the Mormons lived without money. Printed cards stood for merchandise at the church store. [H: This is ONLY an example for you all must realize that the MORMON church does not serve GOD in these instances and it, as a foundation unit, represents the "RELIGIOUS" arm in the U.S. of the Elite One World Order.]

THE HOSPITALS AND CLINICS IN THE HANDS OF THE ENEMY AND MAD-MEN SHOULD BE CLOSED TO FURTHER ENTRIES AND THE AMERICAN MEDICAL ASSOCIATION SHOULD BE HELD AN OUTLAW ORGANIZATION UNTIL IT SHALL HAVE PURGED FROM ITS MEMBERSHIP PERSONS RESPONSIBLE FOR THE WITHHOLDING FROM PUBLICITY OF IMPORTANT HEALTH NEWS. [H: No, it should be purged-PERIOD!—from the face of the Earth. So should the Bar Associations and all Bar MEMBERS be stripped of their right to ever PRACTICE again. The lawyers and attorneys DO NOT EVEN KNOW CONSTITUTIONAL "LAW—AND ALL SHOULD BE BROUGHT TO "0". THEN, AND ONLY THEN, CAN YOU BEGIN IN INTEGRITY UNDER THE *CONSTITUTION* AND TRUE PRACTICE OF ARBITRATION AND CARE-GIVING. NO MORE "PRACTICING" ANYTHING UPON THE UNWITTING CITIZEN—NO MORE!]

MINISTERS WHO DO NOT BELIEVE WHAT THEY PREACH BUT THINK IT GOOD FOR THE MASSES ARE ALSO CONSPIRATORS AGAINST THE WELFARE OF THE PEOPLE AND SHOULD BE HELD RESPONSIBLE.

A FIFTEENTH CENTURY "PROTOCOL"

The principles and morality of these latter-day protocols are as OLD AS THE TRIBE. Here is one from the fifteenth century which JEWS CAN HARDLY PRONOUNCE A "FORGERY", seeing that it is taken from a Rothschild journal:

The *REVUE DES ÉTUDES JUIVES*, financed by James de Rothshild, published in 1889 two documents which showed how true the *PROTOCOLS* are in saying that the Learned Elders of Zion have been carrying on their plan for centuries. On January 13, 1489, Chemor, Jewish Rabbi of Arles in Provence, wrote to the Grand Sanhedrin, which has its seat in Constantinople, for advice, as the people of Arles were threatening the synagogues. What should the Jews do? This was the reply:

"Dear beloved brethren in Moses, we have received your letter in which you tell us of the anxieties and misfortunes which you are enduring. We are pierced by a great pain to hear it

as yourselves.

"The advice of the Grand Satraps and Rabbis is the following:

- "1. As for what you say that the King of France obliges you to become Christians; do it, since you cannot do otherwise, but let the Law of Moses be kept in your hearts.**
- "2. As for what you say about the command to despoil you of your goods (the law was that on becoming converted the Jews gave up their possessions); make your sons merchants, that little by little they may despoil the Christians of theirs.**
- "3. As for what you say about their making attempts on your lives; MAKE YOUR SONS DOCTORS AND APOTHECARIES, THAT THEY MAY TAKE AWAY CHRISTIANS' LIVES.**
- "4. As for what you say of their destroying your synagogues; MAKE YOUR SONS CANONS AND CLERICS THAT THEY MAY DESTROY THEIR CHURCHES.**
- "5. As for the many other vexations you complain of; ARRANGE THAT YOUR SONS BECOME ADVOCATES AND LAWYERS, AND SEE THAT THEY ALWAYS MIX THEMSELVES UP WITH THE AFFAIRS OF STATE, IN ORDER THAT BY PUTTING CHRISTIANS UNDER YOUR YOKE YOU MAY DOMINATE THE WORLD AND BE AVENGED ON THEM.**

"Do not swerve from this order that we give you, because you will find by experience that, humiliated as you are, you will reach the actuality of power.

"Signed V.S.S.V.F.F., Prince of the Jews, 21st Caslue (November) 1489."

(The foregoing is quoted from *PROTOCOLS OF THE MEETINGS OF THE LEARNED ELDERS OF ZION*, Third Edition reprinted from the *Edition of the Briton Pub aping Society*, London, England, by American Publishing Society, Bremerton, Washington.)

[END OF QUOTING]

I have asked that full information be given on Gaiandriana along with writing on products which WE HAVE MADE AVAILABLE TO YOU—FOR RECOVERY OF YOUR HEALTH. You are going to have to begin your program with cleansing of the parasites you carry within. This is easy to accomplish but it is mandatory. Why? Because the parasites utilize your nutrients that 'accidentally' make it past the "neutralizer of *grind fond*" and are now being USED AS VIRAL AND MICROBE CARRIERS to "getcha. Then, you are going to have to attend intake enough to get balanced. I further advise good supplements and then ongoing attention through the "gaias" and "drias" to maintain, and shore up continually, your immune systems. We can't get all the information into this journal but we can get enough that you can begin to utilize the information immediately. I am asking the crew to rev-up the motors to hopefully better meet demand. We are not in major marketing of anything—we don't even WANT TO BE. We want to be able to share with you for as long as allowed. In that way we will be left alone for the most part.

YOU ARE TRULY IN THE MIDDLE OF THE WAR FOR YOUR WORLD!

This is a WAR you CANNOT win with the sword. Salu.
